I TURNED DARKNESS INTO SUNSHINE



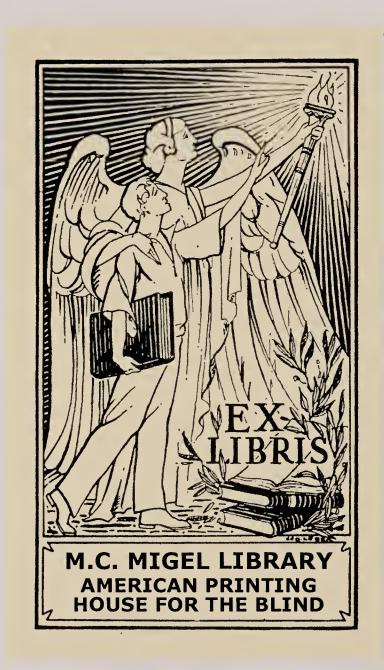
Twenty stories of courage and faith

Asociación Mexicana de Retinitis Pigmentosa y Enfermedades de la Retina

1985-2000 XV Anniversary

Monterrey, N.L., Mexico

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I TURNED DARKNESS INTO SUNSHINE

Twenty stories of courage and faith

We do not put our sight in things that we see but the things that we cannot see because those that can be seen are temporal but those that cannot be seen are eternal.

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INDEX

ABOUT THE ASSOCIATION	1
If you are looking for something new A poem written by María Elena Mijares Almaraz	4
• INTRODUCTION	.5
THE GREATEST LIMITATION OF HUMAN BEINGS : LAZINESS Story of Luis Alfonso Castillo Pardo written by himself.	
• HE GREW UP WITH THE CULTURE OF THE DESSERT Story of Antonio Juan-Marcos Issa written by César Morado.	13
 OPENING FRONTIERS TOWARDS LIGHT. Story of José Ignacio Suárez García written by Laura Duéñ Saldívar. 	
THE SYMPHONY OF A LIFE	27 nia
• BLIND WITH MULTIPLE CAPABILITIES Story of Luis Manuel González Bazaldúa written by Juan Alar Tamez.	
 HANDS THAT CAN SEE Story of Leticia Hernández Jiménez written by Olga Lidia Flor de Guajardo. 	36 res



	THE ONLY THING THAT YOU CANNOT DO IS DRIVE A BUS
(FROM FEARFUL TO FEARLESS
	• A LIGHT OF HOPE
	• A WORLD OF POSSIBILITIES IN A WORLD WITHOUT LIGHT
	• A PEACEFUL BEING NAMED MILAGROS
	 YOU ARE WHAT YOU CHOOSE TO BE
	MY UNFORGETTABLE CHARACTER
	 A BLIND CLOWN AND A WINNER. Story of Juan Manual Velázquez Zmarrón written by Silvia Báez Hinojosa.



• WITH PRIDE AND DIGNITY
Story of San Juana Guadalupe Pérez Sánchez written by Rosario Torres de Gorostieta.
 HE WHO HAS FAITH IN HIMSELF DOES NOT NEED ANYONE ELSE TO BELIEVE IN HIM. Story of Juan Manuel Escamilla Martínez written by Rosario Torres de Gorostieta.
MESSENGER OF HAPPINESS AND BEARER OF INTERIOR LIGHT
• WITH THE EYES OF THE SOUL
• THE BONDS OF UNION FROM PAIN ARE MUCH STRONGER
• RETINITIS IS NOT THE END OF THE WORLD



The Mexican Association of Retinitis Pigmentosa and Diseases of the Retina A.B.P (A.M.R.P) has as its mission the social and laboral integration of people with any type of visual disability through education and training in specific areas as well as the promotion of formal education of his associates.

The Association was founded in 1985; Mrs. Guadalupe García de Álvarez was its first president. Since 1992 until know Sonia García Gamboa has occupied this office.

The first premise was rented on Lic. Primo de Verdad street and later Cáritas of Monterrey, lent a room from 1987 until 1992, when the A.M.R.P moved to its premise on París #337, Colonia Mirador, in downtown Monterrey, which was provided by Mrs. Olga Gamboa de García. This center is organized in five areas: Educational, Laboral, Health, Cultural and Recreational.

The educational area has ten teachers, five who are specialized in teaching systems for the blind. It is important to mention that 2 teachers have total blindness and two have retinitis pimentosa.

In the Educational Area the following is offered:

Training in the use of the Braille system (A reading and writing system for the blind), of the Perkins machine (A type writer of the Braille system), The development of abilities of orientation and mobility and courses of daily activities (such as cooking, sewing and house organization). Typing and English classes are also given as well as computers with special equipment and special software for people with visual disability; we also have services of a sound library with more than 500 literary works and support material for education taped in audiocassettes. We also have a service link to get scholarships with a local educational institute and from out of the country as in the Texas School for the Blind in Austin, Texas.

In the laboral area we offer the following:



Employment in the maquila work shop, which operates in the association, in cooperation with AlEn industries, as well as training and integration into the regular work force.

In 1996, the largest company that employs the blind, called Signature Works, was contacted in USA, and in 1997 here in Monterrey, Signature Works of Mexico was inaugurated, where mops were made for exportation and for the national market. In the A.M.R.P people were chosen and trained, obtaining excellent results.

In the area of health, the association has the support of:

-Drs. Luis G. Tamayo, Homar Páez and Rodrigo Montemayor, who provide ophthalmological evaluations and consultations to the associates. Also the A.M.R.P belongs to the world network of associations of retinitis pigmentosa, Retina International, that has its headquarters in Zurich, Switzerland, and is also member of the IPWH (International Protected Work for the Handicapped), with headquarters in London, which permit us to have access to information about the most recent medical advancements and the labor integration of handicapped around the world.

In the cultural area the following is offered:

Weekly meetings with different guests, scholarships in different museums to study art, literacy, and history, singing classes, yoga, group psychological therapy, trips to study and to congresses.

In the recreational area the following is offered;

Picnics, dances, and visits to different restaurants, theaters and concerts, and camps in the USA.

In the A.M.R.P we know that the visually handicapped have a great potential for learning and acquiring capabilities that are necessary for integration into the work force through specialized training. We believe that blind or visually impaired people can, through the development of their abilities and capabilities, become independent persons and take care of themselves. The



only requirement to belong to the Association is that they express and show interest in learning and improve themselves.

The Association is located in París #337, Colonia Mirador, in downtown Monterrey. N.L.

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"IF YOU ARE LOOKING FOR SOMETHING NEW"

by Ma. Elena Mijares

Are you looking for something new?

I invite you with a good heart

To you my blind friend

To my lovely Association

And we ask you for nothing,
Only that you make a big decision,
And that you want to improve very much,

Mexican Association of Retinitis Pigmentosa,
You would find a tomorrow to achieve new things,
Requirement, that you be blind,
Or also visually impaired
And that you have a lot of dreams
That you want to make come true.

The difference is not big What is valuable is persistence From all the members Of this lovely Association.

Here everything is illuminated With a very bright light If the retina is sick The soul sees better.

Do not loose any more time, This would be your best option, So that they do not call you blind, Nor that they treat you with pity.



INTRODUCTION



In our fifteenth anniversary I had the idea of publishing this book inspired by knowing, through my work in the Association, so many visually handicapped people that are so valuable. I wanted, through these means to acknowledge them and also to offer motivation and example to the people who have just received the news that they suffer some type of visual handicap and that can become blind. Also to the parents of children who were born with this handicap. I think that it would give this people a lot of encouragement to know that life continues and that everything can be accomplished in the field that they like the most and that they can form their family like any other human being. Like my son says, "Limitations are in the mind, in the conscious of each person, not in the physical disability that they might have".

I thought that this would also be a book that motivates all of us that do not have any type of disability, since it would show us to value what we have.

Each one of the characters of this stories taught me a lot; their courage, their decision, and the positive attitude to face life with the disability that limits them so much, such a sight, provokes my admiration and my wish to give help to those who ask for it.

The reader cannot help admiring the way and the abilities that this people use to solve adverse and unexpected situations, always moved by a relentless wish to improve.



For those of us who can see it is surprising that they tune pianos, put together and take apart computers, that they have studied in international universities, that they are outstanding musicians, that they occupied decisive jobs of great responsibility in government, that they work as teachers, speak several languages or that they give happiness, balance and optimism to all of us that surround them.

Most of them are women who, besides being professionals, they are also housewives that get up early to give their children breakfast, take them to bus and go back and accomplish her activities. Others occupied jobs as radio operators in police forces and there are those who are supervisors and have personal under their responsibility.

Although many are thankful for the support that they receive from the association and from me, I think that what I have done is the least that I could do for this people with such high quality since, opportunities are open for all and not everybody takes advantage of them, the merit is in those that use them for their own personal improvement.

For me, reading each one of these stories has been a marvelous experience; even though I know the characters, the beauty within each one of the writers describe the impact and the enrichment that this work has given them. It is something I had never thought about when I invited them to help. I thank them all very much for their cooperation, without this it would be impossible to make this historical book.

I give thanks to the Council that supports the Association and to so many people, institution, business, restaurants, theaters, communication media that have given us their support and donations every time that we asked for it; I hope that when you read this book you feel, as I, that the time and money invested in our associates, has been very productive for their own benefit and of the society that every day admires more this people.

We are achieving, with time, to eliminate the idea of "the poor little blind" and change it in "what an admirable blind person".



I would like to give thanks to my parents Enrique García Leal y Olga Gamboa de García, who help the Association by giving us the house where we work, and to Industries AlEn, who give work to the visually handicapped of our association.

Ing. Sonia García Gamboa President of the A.M.R.P



• THE GREATEST LIMITATION OF HUMAN BEINGS IS LAZINESS Story of Luis Alfonso Castillo Pardo. Written by himself.



Let me make it clear that I am not a very good writer. Nevertheless, I have the firm intention of transmitting to you what is like being blind in my life, its most painful impact, the possibilities of the improvement, its challenges, its happiness and satisfactions.

Let's talk in confidence, and let me not be formal with you. Imagine, for a moment, that we are going to have a conversation, with a wide sense of friendship. Let me tell you that on August 12 of 1981 was when I felt the worst unfortunate situation in my life. It was 7 o'clock in the morning when I got up and when I looked at myself in the mirror I noticed that in half part of my right eye there was a spot. I thought that this was not anything to worry about. And before going to work my father told me that my mother was very sick and he asked me that, if she needed a certain medication, I should go downtown and buy it. Later, my mother really did need it and she asked me to go downtown. I went to several pharmacies and meanwhile the spot started covering a good part of the only eye with which I could see, since vision of the left eye I had lost ten years before, when I was only eight years old.

After walking around for a while, and not finding my mother's medicine and noticing that the spot was covering half of my right eye, I decided to go home.



With a very limited visibility I had finally got home. My mother asked me if I wanted to eat breakfast.

I told her I had already done, although I really was not hungry. I told her about what was happening to me, and at that moment she took me to the doctor. When I got to his office and after he checked me, the ophthalmologist told me, "Luis Alfonso we have a really serious problem here; the retina has detached from your right eye". From that moment on I tried to recover my sight in a hospital in Mexico city and Puebla. In Cordoba I visited temples but the result was always the same: At the age of eighteen I was completely blind.

At that point I thought that I had lost all possibilities to continue studying, to work, to have a girlfriend and to form a family.

My personality, which was introverted and irritable, had become very aggressive. I felt into a deep depression, I cried by myself every night. My desire to see and to not be able to do it, made me think about suicide.

A person who is very dear to me, when he found out about my deep desire to die, told me "I'm not going to take the idea of suicide away from you, I am going to give you a recommendation, give life a chance, at least for 10 years. If within ten years you still feel like committing suicide, do it. But maybe, before this time, your way of thinking would have change". The suggestion did not look bad to me and, from that point on, I decided to fight for my success as strongly as possible.

The most difficult thing for me was to accept that I was going to be blind for the rest of my life. Nevertheless, I found that, if I could not improve my physical status, I could acquire a bit of respect to my emotional status.

On May 10 of 1982, I visited the National School for the Blind in Mexico City. The Festival of Mother's day touched me very much; there were a lot of boys and girls of my age that could not see, who studied, got along together and acted normally. From that moment on I felt like integrating myself into this group of people and to be like them. I registered that same day and they told me to come back in September to start to study. I felt like the months, weeks and days were very long. I really wanted to come back to school. When



September came, my entire neighborhood organized a going away party. On the second day of that same month, I arrived with a lot of enthusiasm to the National School to study. Unfortunately I was turned down. They told me that there was no room in the dormitory, and I went back to Cordoba very disappointed. When I got back to my hometown, two social workers from the municipal DIF insisted a lot of that institution so I could accomplish my Finally on March 1st 1984 I was admitted as a student at the National School for the Blind. At this place I studied every day activities, I learned to walk with the cane, to move around on the streets, on the subway and the buses; they taught me to read and write in Braille, to count with the Chinese abacus, to use the type writer and, also, they gave me psychological therapy. I met some good friends, I had a girlfriend called Lupita Martínez; I felt encouraged to study a professional career and I felt certain that I could work some day. I wrote my first letter in Braille and I felt the splendor of the new horizon. In the same way, when I traveled for the first time alone from Mexico City to Cordoba, the emotion to give this surprise to my parents was immense

In June 1984 I finished my studies. Only three years after I lost my sight, my desire to commit suicide had disappeared. In September of that same year I started to study High School at night school in Cordoba. I felt strange in a regular school, with the support of my classmates and the understanding of my teachers, who did not want to protect me, allowed me to overcome each one of my problems. At the same time I continued insisting in a goal that I had planned since 1983, founding the first school for the blind in Cordoba. One year later, on November 20, 1985, the government of my city awarded some recognition known as "Thirty Gentlemen". I was given one for personal accomplishments. At that moment I was interviewed by a newspaper called El Diario el Mundo; I told them how I lost my sight, of my courses of rehabilitation, of the prep school and above all, of my wish to found the school for the blind.

From then on, the interviews in newspapers and a radio stations increased. The idea of the school for blind people was getting stronger little by little. Some other friends who cannot see such as Laurentino García and Araceli Orozco, we fought to reach our objective. A few people that can see joined the project and others offered donations.



Thanks to the support of the citizens of Cordoba, on September 2, 1986, one of my dreams had came true. The first special school for the blind in Cordoba was founded. We started in a premise that was lent to us, with five students and with classes on daily activities, using the cane, Braille, abacus, guitar, and macramé.

In June of that same year, I finished my studies in the bachelor school to continue with my university studies. In October 1987 I had to go to the port of Veracruz to study a science degree and technical of communication.

Unfortunately the economic resources that my family gave me were not enough and, during the first two semesters, I studied with a scholarship thanks to my father's boss, later the governor of our state at that time Don Fernando Gutierrez Barrios. He gave me a scholarship, which later increased thanks to the intervention of my friend Juan Antonio Nemi, who worked as a state official.

By august 1991, and thanks to the support of my family, the state government, my teachers, my classmates, another of my dreams came true, I graduated with a diploma in Sciences and Technical of communication, with an average of 9.62 and with Honorable Mention.

After I finished my professional studies I went back to Cordoba; And without receiving any salary I cooperated for four years at the Roma Foundation for the Blind.

I decided to practice what I had studied. I looked for work and all the places I was turned down because I was blind. Because of this I set a small office as publicity consultant and I had a magazine called Viewpoint. My enthusiasm to speak in the microphone took me in 1997 and during a year a half, to study in the open system of the Raúl del Campo Junior Training center in Mexico City the specialty in Radio and Television.

The same year my friend, Juan Antonio Nemi was nominated as candidate for mayor of Cordoba. He invited me to form part of this team, but the results at the end of the voting were not favorable.



My fight to get a job continued and, in this way, a got a job as a professor in a bachelor school and in a university. I was also chief of information in a radio station called "Laser 89".

Since a councilwoman of the municipal government was invited to cooperate for the state government, in January of 1999 I received the greatest news of my life. Starting on February first of that same year a became a councilman of the honorable constitutional municipal government of Cordoba.

Since you know a little bit more about me, I will tell you that I was born on October 11 of 1962, you can already imagine in what city. I have two sisters that can see and two brothers that cannot see. I am older than them. My parents are Mrs. Virginia Pardo and Don Alfonso Castillo.

If I have something to say to other people who cannot see or who have another type of handicap, I recommend that you believe in yourself, since with your capabilities and with great effort you can be excellent students, get a good job, and be better as humans. When you believe in yourself and you show it with facts, your family and society will also believe in you.

When I imagine a personal achievement I think about increasing my material possessions in a honest way, in cultivating my intellect and in fortifying my spirit. I imagine the face of a beautiful woman with the shine of her smile and her heart full of love. The effort of this work is dedicated to my friend Sonia García Gamboa.

Cordoba, Veracruz. 2000.



HE GROWS UP WITH THE CULTURE OF THE DESERT.
 Story of Antonio Juan-Marcos Issa.
 By Cesar Morado.



"I was born in a city that was to be made.

My grandparents- came from PalestineThey had burned their ships, so they could not go back.

I grew up under the dessert sky of la Laguna...."

I. People that its been thrown away ahead.

Antonio woke up in the morning and putted away the blue sky in his memory. He grew up in the blossom of a family of Palestine emigrates who had settled in Torreon during the revolution where the memory of villista attacks still vibrated. His ancestors who had burned the sailboat to settle in the desert.

His father, who had become an orphan at a young age, multiplied his paternity by raising nine children. Toño, the eldest was predestined according to Arabian traditions, to continue the office of the patriarch, the manufacture of clothing, The mother, meanwhile, interweaves angular dreams and foundation for her home.



He studies primary, secondary and prep school in his homeland. His sight ran along the waters of the Nazas and landed on the farm lands were the clouds were made of cotton. "When I drove in Torreon my father said that I drove bad because I could not see the holes on the streets". That was interpreted as normal attitude of the adolescent who was in prep school or who was having a good time with his friends. "It was a city that was to be made". As a matter of fact, the capital of the Lagunera region was living a process of social transformation were urban and rural coexisted in the migrates who had just arrived to the metropoli. It was a period from 1946 to 1964. The Mexico of internal economical, of the substitute of model importation, has stabilized development. "The Lagunera society would infect you with the will to succeed, in constant challenge with the adverse physical environment. I grew up and inherited this form of facing things..."

II.- The difficult sixties.

The second stage of his life begins, with the decision to move to Monterrey to study. He emigrated sensing the cultural and historical integration of northeastern Mexico, emulating the Zuloaga, the Maderos, the Brittingham families. With a scholarship he registered in the school of Economics of the University of Nuevo Leon in 1964, were he studied until 1969 and obtain a degree in Economics.

Later, he entered, the New School for Social Research of New York, were he studied the master degree of economical planning, and later studied business administration in the university of Columbia. Contemplating Mexico from outside widened his vision about structural problems, teachings that he used when he joined the decision making in public service.

He returned to his alma mater, where he got his first hob. It was a stage of great political convulsion for Mexico as well as the inside of the University of Nuevo Leon. In November, after a month of strikes, pressures, and students conflicts, the local congress approved reforms to university legislation granted autonomy. The massacre of 68, the death of Carlos Madrazo and the presence of Jesuits, had radicalized Monterrey's youth.



When Toño got a job as professor and later as secretary of the school of economics -1971 and 1972- Nuevo Leon hardly had a population of one million six hundred thousand, upon the majority populated area that began to be called Metropolitan and that concentrated more than a million persons. His professional performance and his institutional role capped him away from the radicalization of the student movement that lead to the September 23rd communist league, that was integrated, among others, by students and teachers of the University of Nuevo Leon. It was the decisive moment for the generation that he belonged to. The tensions grew up within those who suggested violence and those who believe in peaceful methods of transforming the social reality. The debate ended to a breakup. Still today he is sorry for this breaking up of his circle of close friends. Toño was sure that it was not destruction that can transform. His marriage was another decisive element that bend the balance, together with his personal intuition and the family values with which he grew up.

II. I entered to public service.

An invitation of Jesus Marcos Giacoman defines the third chapter in his life when he was added to a work team in the Mexican Institute of Exterior Commerce, IMCE. This entrance into public service meant moving to Mexico City. To a man shaped in the culture of the desert, his sudden transfer carried a difficult process of adaptation, "I felt like a foreign in Mexico city a stranger to the uses and customs of the capital". He was the chief of the Department of Economical Studies during 1972 and 1973. The next year he worked as chief of Industrial Parks and Nacional Financiera, an institution that brought together - along with the Banco de Mexico- to most prominent economists at that time.

He full the role as subdirectory of Industrial Production in the Mexican Institute of Coffee, IMECAFE, from 1973 to 1977. One of the greatest satisfactions in his professional life was to have created the National Foundation for Social Activities, FONAPAS, An organism dedicated to generate economics resources to dedicate them to the sponsorship of works and actions to improve the social conditions of underclass groups, specially children, as well as fomenting the activities of creation, conservation and spreading of culture, living a legacy of service to society such as LOCATEL, The superior school of Music and Dance of Monterrey, The park Tabasco



2000, and many others cultural institutions that still are active all over the country.

He later acted as the ambassador of Mexico in the Food and Agricultural Organization of United Nations, FAO, in the period of 1981 to 1982. His conception of economic growth for equity was fortified when he coordinated programs of social developments of the ONU looking to decrease the poverty of many Mexicans.

During the sixth year period of Miguel de la Madrid, between 1983 to 1986, he was representative of Petroleos Mexicanos, PEMEX, for Europe. During those years he lived in Paris, France; he came in contact with the vanguard of the social theory of European continent and he assimilated the concept of globalization and competitiveness to apply them in the largest company in our country.

Starting in 1987 he returned to Monterrey to take charge of the Northeast regional direction of the External Relation Secretary, a position he occupied until 1993. That year, his colleague Rogelio Montemayor invited him to work as Finance Secretary of the government of Coahuila. In his viewpoint, this has been the position that has given him the greatest satisfaction.

He is proud to be considering "Montemayorista" because that talks about the compactness of a work team during a whole six years period. Toño Juan Marcos Issa administrated the finances of Coahuila in a crucial moment: The economic crisis of 1994, the raising of the EZLN, the murder of Colosio. All of this -he defined- caused great discomfort in the people of Coahuila, who, resentful with the governing party, took revenge in the city election of 1996, when, an other party conquered for the first time the majority of the important cities, Torreon, Saltillo, and Monclova, among others.

By 1999, with healthy finances a considerable amount of public work, the government of Montemayor put Coahuila on the map of modern times, through a substructure for communications, employment, education and healthy finances ". At the end of his sixth year period, Rogelio Montemayor was named general director of PEMEX. Back by his previous experience at the Government Corporation, Toño works with him on strategic proyects that had to be implemented at the company.



IV. When nostalgia is blue

- -In the script of one of his favorites movies, "Cinema Paradiso", the blind protagonist teaches the young boy by explaining, "Life is not like in the movies, it is more difficult". Would you agree that fraise?
- -Totally, I agree totally. But in the difficult lays the enjoyment. To defeat obstacles gives the satisfaction, when they accumulate they take us to a more plentiful life. Another movie I like -For obvious reasons- is "Scent of a woman"; reflects the security of dancing a Tango, but also the fear of dancing out of the square, out of the agenda.
- -The principal protagonist in the Italian movie emigrates from a town to the city and then returns. Do you feel that you made that trip?
- -Yes, I feel projected. Although I never returned to La Laguna, I did return to Monterrey. You never know if the trips have return tickets.
- By the way, you have traveled to a lot of countries. From what you had visited. What is the place you like the most? The one you like the most in life?
- I had traveled to many countries. I have the memories and the smells of the food. What I like best in life is to work. I enjoyed my work very much. To be honest, I had the acknowledgement generated by the satisfaction of having done my duty.

I had forgotten to tell you that Toño has a house in Villa del Pedregal in San Pedro an inside it, a family. His wife is called Tere and she is responsible for the warmth that you breathe inside it, -also the interior decoration-. They had raised three children, two women, economist like her father, and a man, who studies musical composition in the Boston Conservatory. This pleasure is an inheritance from his father, who enjoys baroque music and Latin jazz. As a young man he read-beside the classical economists, works from Octavio Paz and Herman Hesse.

He was about 25 years old more or less, when doctor Chayet in Monterrey diagnosed "grave sickness for the eyes". He was checked in Houston and they confirmed that he suffered of Retinitis Pigmentosa and they told him



that "He had to learn to live with his problem". Approximately a that time he wrote "From the Splendor to the Sunset".

He refused to use Braille and the cane. He conserves good mobility. He dictates and they read to him. He works a lot. In search of a cure for his retinitis pigmentosa he went to Houston, to Habana, to Barcelona, to Moscow. The hope of an ophthalmologic finding has disappeared. Actually, he does not care. He thinks that sight is only one of the many ways of seeing. Together with Sonia -a friend of him from when he could see with his eyes- He promised to economically support the Mexican Association of Retinitis Pigmentosa so that others like him can get ahead.

He has never felt like an example, nor motivation for others. When he lives, he would like his biography suggest not feeling small when facing any difficulty. When you talk with him you get the impression that Toño has been somewhere else. As if he was admitted with a special passport from a place where they reinvented reality, a place where a way to see the world through memory was invented. Sometimes, suddenly, from the man in the impeccable blue shirt come images that were put in the general file of the memory: "you know?, my favorite color is red. Even though; I had always... always believed that there is not a thing in the blue world more intense than the blue of the desert of La Laguna..."

Toño is an impressive example of achievement and success in his professional life, his visual handicap, retinitis pigmentosa, which was diagnosed when he was 25 years old, has not been a great obstacle for all the important work positions that he had in different cities and countries in the world. His wife and children have backed him up and that is something that is very important in life of all of those who have some handicap.

"From shine to sunset" (The sunset of my sight) By Antonio Juan-Marcos Issa

Country
Day of the country
The sky is full
Eruption
Explosion of colors



A lighted night Night day Absent of shadows Fire that erupts Rockets shot up Speed that can be seen Absent of Shadows Lighted Heroes Splendor Amplitude of spaces Wind that can be drawn On flags that oscillate Happiness A party of liberty A shout of independence To walk Alone

A country that conducts itself
Freedom for movement
A total vision
An integrated vision...
Everything understood
Coherence
Coordination
Correspondence of spaces
And movements
Complete vision
Integral vision.

Dead
Day of the Dead
Night of light and shadows
Figures that are lost
Figures that are erase
The invisible appears
Interpose, stumble
Half beings walking
Half faces that hidden



Stumble with the inexistence Movements in the darkness Slowness in movements A sob, a whispers of tears Cadavers that are Beings that cannot be seen Memories of life Of colors, of light Of movements Darkness, curtains That interposing Fragments of memories Partial realities Heads without faces Faces without expressions Expressions without smiles Incomplete beings Limited spaces Lost movement Confusion of colors Limitation.



OPENING FRONTIERS TOWARD LIGHT Story of Jose Ignacio Suárez García By Laura Duéñaz Saldívar



To see Jose Ignacio walk with the security which he does seems surprising to all of us who know that he only has five degrees of visual field, but everything seem understandable when you hear him saying: "Limitations reside in the mind, in the conscious of a person, not in the physical disability that he can have".

Jose Ignacio has the disease called Leber's congenital amaurosis, a form of retinitis pigmentosa that causes great limitations of the visual field and night blindness, but the difference of this its that is not progressive.

Nevertheless, Jose Ignacio cannot be considered handicapped; his 27 years of life has been years of normality, of professional work, of studies, travel, marriage, children. In summary: they are years of quality of life.

His day begins early because he baths his son and takes him to school; then the day is at work in his office, a computer distributor business, and now he also sells specialized technology for the visually handicapped.

Besides living from technology, Jose Ignacio also does it for one of his passions: music. "My two main activities are computer assembly and piano



tuning in the Sala Beethoven. Also I participate in some concerts or social events, but that is sporadic; I do it because I like it, not because I need it".

But nothing is improvised. After facing various obstacles to be able to study in Monterrey, Jose Ignacio, traveled to United States looking for an option in education. That is what he got in Arkansas.

"My mother's idea was that we studied English for a year my brother and I; We went to Little Rock, Arkansas, and by coincidence we went to the State School for the blind; all of this was accidental, it was not planned, we found that school on a Sunday".

Because it belongs to the state, The school of Arkansas was exclusive for Americans, so Jose Ignacio had to have the approval of the president of the council of the school, who in that time was the governor of the state, Bill Clinton.

Clinton not only let Jose Ignacio entered the school, but he also made arrangements so he could be treated equally in relationship with American students. The responsibility was great, so Jose Ignacio had to answer in some form and open the way for those, who like him, came looking for better opportunities.

On that school, Jose Ignacio finally found an institution that gave him rehabilitation in different fields such as orientation and mobility besides, while studying his high school, he could study a technical career such as piano tuner and in this way developed his musical aptitudes by studying the saxophone. Of course, his mother's objective that he learned English also came true.

Jose Ignacio answers to the opportunities were his grades; "In school I did very well, I was a honor student; I was always a good student. To be realistic, I did not give a lot of importance to a lot of the grades; I did what I have to do and consequently I got in the honor list".

To graduate from the High School with first place (Valed Victorian) in Arkansas. Where Bill Clinton and Jose Ignacio gave the graduation speech, made his admittance to the Berklee College of Music easier, to take graduates



studies and finally professionalize his tuning for music. When Clinton found out that Jose Ignacio had been accepted it at the Berklee College of Music, he said the following: "Today I learned that in life it does not matter how much you look out; The important thing is how much you see inside yourself and how far you want to go".

He always played the organ since he was a boy. In his first year of secondary school, he began to work in a lot in recitals and weddings. Later, when he was 12 years old, he started to work in a restaurant, to brighten up the dinner. But Jose Ignacio initiative was greater, that is why the search for opportunities took him to United States.

With his graduation in 1993 the memories of his childhood in relation to the lack of teachers, or directors of secondary school to help him in his special needs were left behind.

"In Monterrey, I had the support of some teachers to finish primary school; they read the exams to me and they gave me more time to answered them. My first year of secondary school I was not admitted in the school because of my visual problem". And although his education continued with private classes at his home, the relationship with his group of friends would no be the same.

"I began to move away from my friends, I did not have a social life; that was a negative part. I discovered that my personality began to change a lot, being isolated from my classmates was affecting me".

With effort, Sonia Garcia, Jose Ignacio's mother, got him accepted in his second year of secondary school in another institution so he could finish his studies in a traditional school.

If you ask Jose Ignacio how he could live in Boston and be self sufficient, independent, and never feel limited, the answer indicates Sonia García, his mother.

"What helped me a lot was that my mother never limited me, she never told you are going to fall or there is a stair in front of you; she never told me to be careful with anything. She did not see me as a handicapped child.



"If when I was a boy my mother would have locked me up in a room and would have told me 'do not move because you're going to fall, be careful not to fall down the stairs, do not get on your bicycle', I probably would feel those limitations, but not because I could not see but because I would have been limited.

"I do not understand how my mother could give me liberty to do all the normal activities of a boy; if I had a son with a handicap like mine I'm not sure, for example, that I would let him ride a bike. I don't know how my mother could".

Sonia does not know either. The only thing that she can explain is that she had to convince herself that her son had to do it alone, far away from the help that unconditionally she would give him, even for the most minimum need, and that only this way he could achieve his realization and above all his self sufficiency in a world that seemed to ignore the special needs of the handicapped.

In 1995, after being three years in Boston, from where he graduated in Jazz composition and saxophone performance in Berklee, of living alone in downtown, of intense snows, of ridding on the subway, on the bus, and doing everything by himself, going to the supermarket, moving around, washing his clothes, ironing, it would seem that the challenges had finished. But his return to Monterrey imply consolidating this independence, so Jose Ignacio started a business, a jazz club called The Blue Jay and that, besides economic resources, would give him the opportunity to practice his profession as a jazz musician.

But his life is so normal that, like any other persons, Jose Ignacio cannot overcome the profound economic crisis that Mexico went through in 1994, and he had to close the doors of his club.

So he dedicated himself to music, but then he found another reality in our country, very little success from music.

"Here in Monterrey culture is hardly beginning to develop a little bit more; There is no enough interest in music in our culture. You can play at concerts but it does not give you enough to live; you have to play in weddings and I could not take that very long. Since I had received formal preparation in music it



was very difficult to be playing dance music. I got to the point where I was saturated and I did not want to know about anymore".

The exit for this situation was founding in 1997, his computer business, where he is in charged of production and technical support and from where he had seeked to support the Association of Retinitis Pigmentosa with information about new technology that permit the integration of the handicapped.

"The best answer to many of the problem of the visually handicapped is in technology. Now computers talk, it can make the screen bigger, you can dictate to them. There is technology that offers a lot of solutions to handicapped people; thank God there are a lot of advances in this and now with access to a computer you have access to a lot of things, jobs, to study. All you can do is unlimited"

Jose Ignacio's conviction to bet on technology as the support for the development of people with physical handicapped is based on his personal experience. "I use special apparatus to read, a close circuit camera that can amplify the image of a book, of a paper or a newspaper in the screen and I can change its size, its color. Also their applications that allow the computer to talk, to read everything that is on the screen, to access the Internet, everything".

Despite this opportunities it is undeniable that extra abilities are required when one of the senses has limitations like the ones Jose Ignacio has in his sight.

"When you have a handicap, unfortunately you have to look for alternatives to accomplish objectives, but what I want to emphasize is that the limitations are only in the mind of a person, not so much in the physical disabilities; the only thing you have to do every day is to be crafty in different ways, look for other alternatives, look for different ways of doing things. Every day you are going to face difficult situations and each one has to use his own skills to accomplish his or her objectives".

Jose Ignacio accomplished a lot of his objectives thanks to the education that made that process easier but he is conscious that our country has fallen



behind in education as well as an employment opportunities and integration of the handicapped.

"Unfortunately here is very difficult to get good preparation for someone who is handicapped; specially in the field of the blind, because there are almost no institutions that give rehabilitation, there is no government support".

"In United States the school where I studied does not exist anymore, because they made a program of integration so that all the handicapped can study in normal public schools, but obviously with all the resources that this requires. Here in Mexico I think they are very far from accomplishing something like, but there could be a center where support can be given to the visually handicapped, well equipped and with all special technology".

The fight to improve the conditions and opportunities for the handicapped has a road in Monterrey: The road marked by Sonia Garcia of the Association of Retinitis Pigmentosa.

"What my mother does is fundamental for the development of the blind; I believe that she is really doing something that has value: teaching the blind of work and education activity and do not let them fall behind.

"There is a lot of culture; people are not conscientious that if you support a handicapped person he can get very far and have a worthy life. I had the support I needed to get ahead and now I feel like any other person who is trying to take care of his family. I don't feel limited. I have a two year old son, Jose Alejandro, who is in kindergarten and who is very intelligent, and a one year old girl, Monica Valeria, and together with my wife Monica and my brother Jorge Alejandro were in the computer business, with our company PC Soluciones. We are an integrated and happy family".



THE SYMPHONY OF A LIFE
 Story by Ramiro Luis Guerra Gonzalez
 By Martha Eugenia Sañudo Velazguez



Interviewing Ramiro Luis Guerra Gonzalez is an honor since, at least for a few moments, one has the opportunity to measure the size of a great spirit. But interviewing him is also a pleasure because, apparently, his 66 years and his delicate health have served to increase his sense of humor and to better outline that mysterious smile which all of us that have been with him remember.

When I arrived to Ramiro's house he received me with that typical "Titamarlachu", the affection way he uses to speak to me when we were both teachers of the University of Monterrey in 1990. That

intangible expression except for him and for me its a game of syllables which mean "Martita Chula" (Beautiful Martita): Ramiro is a respectful admirer of the supposed feminine innocence. If a women wants to lift her self-esteem, a visit to Ramiro would guarantee that when she lives his house she would take a greater doses of "beautiful" than when she came in. But now I want that game of syllables to help me emphasize the interaction that Ramiro has with the world of words.



Ramiro adores good languages. You can notice this just by exchanging three phrases with him, since in his conversation he always uses the right word to describe his feelings. Nevertheless language not only helps him to express himself with eloquence, but he also has this special talent that is playing with words, looking for metaphors and a brilliant way of twisting meanings. His passion for language also make him a polyglot. Even now, when he tells me that his memory has been damaged by the medical treatments that he received, Ramiro can make a joke in German, hurl idiomatic phrases in Italian with a perfect roman accent, he can follow a conversation in French or English and explain the value of esperanto. I have to add that his passion for language since childhood brought him close to good literature; the Greek classics, Herman Hesse, Jorge Luis Borges...bedside books for Ramiro.

Although what I have just described would not give us enough material to write an interesting story of his life and to list the many achievements that Ramiro has had in different local and international universities, you should know that I still have not mentioned the fundamentals. If you wanted to define the central point of his life we will have to talk without a doubt, about music. Ramiro's vocation is composer of classical music. He began his passion for piano at 6 years of age. He soon exhausted the few resources that Monterrey has to offer in relation to musical instruction and he went to Mexico City to enter to the National Conservatory. At a young age he presented his first work, "Suite Bucolica", in the Palace of Fine Arts. The next challenge and a great step was to study a postgraduate in composing in Italy, at the academy of Santa Cecilia.

In the sunset of his life he continued singing melodies and thinking about music. While I am in his bedside putting the questions for the interview in order in my mind, and disturbed by the idea of focussing on his blindness. With a life so rich in experiences, so profound, his blindness seems to me like a mere incident without any significance. I tell Ramiro this and he answers, "My blindness is not the center of my personality but it has profoundly touched my life". At that moment I discovered that the lack of sight cannot be so insignificant as it can seem after knowing his personal life. Since he was a boy he had bad sight and retinitis pigmentosa destroyed what little he had when he was in his thirties.

I asked him:



"How was the process of you sight loss like?"

And he answers:

"Since I was a boy I went with doctors and experimented the increase of the graduation of my glasses that reinforced a vision that was falling to the sides and then reduced my vision field. The constant loss caused me anxiety and when I understood that this was irreversible then I had peace. Instead of taking me to a violent rebelliousness against my situation, experience made me understand that there was no place for great battles only to accept what came with great faith and fortitude".

Ramiro counted on the support of his parents and friends. Even now he is surrounded by the cares of his diligent aunt Elenita and the family of his sister Maria Luisa.

When the lack of vision made it difficult to continue with composing, Ramiro put his efforts into the study of philosophy. First in the University of Nuevo Leon, until doing doctorate studies at the University of Liechtenstein. In philosophy he specialized in aesthetics, a branch that could easily integrated the different elements that populate his soul: music, literature, and the sharpness of his abstract thinking.

He was one of the founders of Mexican Association of Retinitis Pigmentosa and diseases of the Retina in 1985. Composer and philosopher, Ramiro has formed generations of young people in different local universities as well as in the Escuela Superior de Musica y Danza de Monterrey, where he was also one of the founders. The magnanimity of his spirit has allowed him to challenge with his head high the daily difficulties of a life without sight, while his faith maintains his constant good humor, a characteristic that make us think about what a life of sanctity should be. In 1998 he received the medal of the State of Nuevo Leon in area of music, awarded by the acting governor. His name was writted on a plaque in the government palace of Nuevo Leon.

When I told him goodbye I left Ramiro sitting in the terrace of his house with his mysterious smile and murmuring: "See you soon Titamarlachu".



On the warm night (fragment) By Ramiro L. Guerra

Lord, on a warm night flowering with stars,
You fill my soul with soft perfumes, wet and quiet.
Truly, Lord, this immense night,
To see it, how can I see it, my eyes of flesh cannot see it.



• A BLIND MAN WITH MULTIPLES CAPABILITIES Story of Luis Manuel Gonzalez Bazaldua By Juan Alanis Tamez



When you know and talk with human beings of the stature and quality of Luis Manuel Gonzalez Bazaldua, you learn to value life more, to see the nobility that exists around us, and, above all, to try to understand blind people with our best treatments. Closing my eyes for a few moments I can not even imagine a world of impossibilities that this people face every second of their life, who, nevertheless, fight to achieve goals with an enviable enthusiasm.

He suffers of retinitis pigmentosa, although the first doctors who diagnosed it had told him that was detachment of the retina.

He received the news when he was twelve years old. Although when he was a boy his parents already knew -when you grow up, they told him- he saw that as something far away and he did not really believe it. The process of blindness was gradual and by the time he was 14 years old he completely loss his sight. Now he can only perceive rays of light, and very weakly.



He has never received psychological help, only what life has given him. The news were tough but he has known how to get ahead, although he is conscious that with orientation of this type would be better, and that to have received it when he was adolescent would have been better, he tells us, because that is the most difficult stage and the one in which you require more orientation. One of his main challenges has been to walk alone, and the greatest of all of those is to decide to study: "I have reached them not by resting but by obtaining my objectives".

The greatest suffering of Luis Manuel has been caused by love; He has had girlfriends but he has failed up to now. But he does not give up: "Persist until you kill the deer", his father says.

Nobody in his family is blind. He lives with his parents: Manuel Gonzalez Bazaldua and Maria de Jesus Bazaldua Espinoza.

His blindness was caused fifteen days after he was born by a fever caused by an infection called peritonitis: the intestines paralyze and blindness is produced with time as a consequence. The sad news was given to him by an ophthalmologist, Dr. Francisco, whose last name he cannot remember at the moment. The reaction was really negative; when the doctor told him he had to get along with other blind people he cried a lot because he did not want to accept reality. Another suffering is to have a brother that is 22 years old who was born premature and who suffers of a brain handicapped.

The support of his mother was very important. For years, she took him to the school for the blind "Lazaro Cardenas" so he could learn the Braille system, but he did not put a lot of interest because he could still see something.

He found out about the Mexican Association of Retinitis Pigmentosa (AMRP), through a friend of him, called Agustín, who commented to him that they gave primary and secondary classes, as well as rehabilitation for persons like him. This news called his attention and he commented it to his cousin Miguel Angel Huerta Gonzalez, who lives in Monterrey and who invited him to live in his house, where his uncles also helped him. That is how he found out that he had an opportunity to even become a professional, an idea than motivated him even more. He mentions that, if he had an opportunity for master's degree, he



would study it. He secretly registered at the AMRP and, once he was registered, he communicated the news to his family.

Miguel Angel would take him to the association and he also offered to volunteer to coordinate the classes there. Luis Manuel continued like this for two years, studying and living in his uncle's house, and being helped by Miguel Angel.

Luis Manuel was on the cover of the magazine "Comunidad INEA" in number 81-82 of June-July of 1996, where he was interviewed and published and article called "Eyes that cannot see, a heart that can learn".

After this he graduated from secondary school and learned Braille, orientation and mobility during two years, in May of 1995, he got a job as a radio operator in Santiago N.L.

To be a member of the Mexican Association of Retinitis Pigmentos means something very important -he says- because they prepared you with study and work and not with charity. It is fair that they give us the guaranties and benefits like any other person: Social security, Infonavit and work that we can do.

Luis Manuel has worked as an assistant to a local salesman with Mr. Juan Panfilo Saldivar, after that in the Mexican Association of Retinitis Pigmentosa packing air freshners for bathrooms and presently he works as a radio operator from Monday trough Friday from 8:00 in the morning to 14:00 in the afternoon. The work Luis Manuel does as an operator at the direction of public safety and transit of Santiago, N.L., shows his capability, serves his community and motivates his companions.

In 1997 he started to study at Prep school No. 13 in Allende, N.L., where he was alternating this with his work as a radio operator. He had problems with the teacher who was in charge of the open prep school, because he would give him outlines to study and he would give him other exams, until he was convinced that he was never going to be able to graduate and he registered in the Batre cultural central of Monterrey. There he continued open prep school on Saturdays until he graduated in September of 1999, without having left work.



Now he got a scholarship in the CEU to study law, starting all of this in January of the year 2000. The commander Carlos Bejas Calderon was the one who took him with Mr. Antonio Cuello, dean of the CEU. Also the CORVI Group offered to pay for a special computer so he could read his books with a voice reader, something that is essential to be able to study.

His dream is to become a specialized lawyer in civil or laboral rights. "I presently feel fulfilled because I look back and I have done quite a bit". Everytime he feels more integrated into society. Little by little he becomes confident; it is a lot of work but people are learning.

Luis Manuel commented that to overcome blindness, the hope to get married, have children, motivates him. "The greatest obstacle is that my family does not let me walk alone, they overprotect me. Nevertheless, a few weeks ago, on September 23 of 1999, I could, thanks to my uncles Francisco Huerta and María de los Angeles Bazaldua, who live in the colonia Independencia in Monterrey, ride alone on a bus from Monterrey to Villa de Santiago, Nuevo Leon, without any problem. The only detail was the lack of politeness of the person who I asked if there was a sit and he did not answer me. I just felt that he moved over and with my cane I touched this free seat and I sat down. The driver was very nice, too bad I did not ask his name".

Luis Manuel lives in Privada 21 de March 209, in Villa de Santiago, Nuevo León. He was born on February 1st of 1970, in Monterrey, N.L., today he is 29 years and 8 months. He finished prep school and at the moment he is single, although he wants to get married and have a family.

His family has supported him, his parents, brothers and brothers in law, among others, and friends. He feels this to be a favorable stimulus, although he feels that something is missing. He considers that in our country the lack of support by the government, with devices for blind people, as well as the promotion of jobs to develop a profession. Also that we have security to move around alone and that there be more respect by drivers and the general public.

He feels proud and happy to accomplish something he thought he would never reach.



He wants people to become conscious and to open more doors and that they trust more in the blind. The young blind have new ideas; They make up a new generation that wants to change the image that they have up to now.

Luis Manuel Gonzalez is really an example of a human being: Positive, perseverant, a fighter, loving, hard worker, studious, who does not ask for charity but an opportunity to demonstrate everything he is worth.



HAND WHICH CAN SEE
 Story of Leticia Hernandez Jimenez
 By Olga Lidia Flores de Guajardo



Leticia Hernandez Jimenez is a professional technician in massage therapy. She is from Ciudad Guadalupe, N.L., where she was born in May 22 of 1970. She is presently 29 years old.

When she was a girl, until she was 7 years old, she could see. She lost her sight because of meningitis, which damaged her optic nerve. At that time she was in her second year of primary school. She has an idea of what the physical world around her is, the colors, the light, because she saw them in her childhood

When she became blind because of her meningitis, her reaction and her family reaction was of despair. At first she received some overprotection from her father, although she rapidly had her family support and acceptance.

She started her primary at the Jose Maria Cardenas public school in the Colonia Mitras Centro, which is dedicated to the blind and visually weak. She learned to communicate in Braille and she received psychological support and help her to adapt to her new situation. The companions accepted her easily, just like she did too.



She studied secondary school in a regular school, since the special school was night school and for adults. Since she was only thirteen years old, her family and teachers recommended her a regular school so she can get along with adolescents. In some secondary school she was turned down because they did not have special material for the blind nor adequate installations.

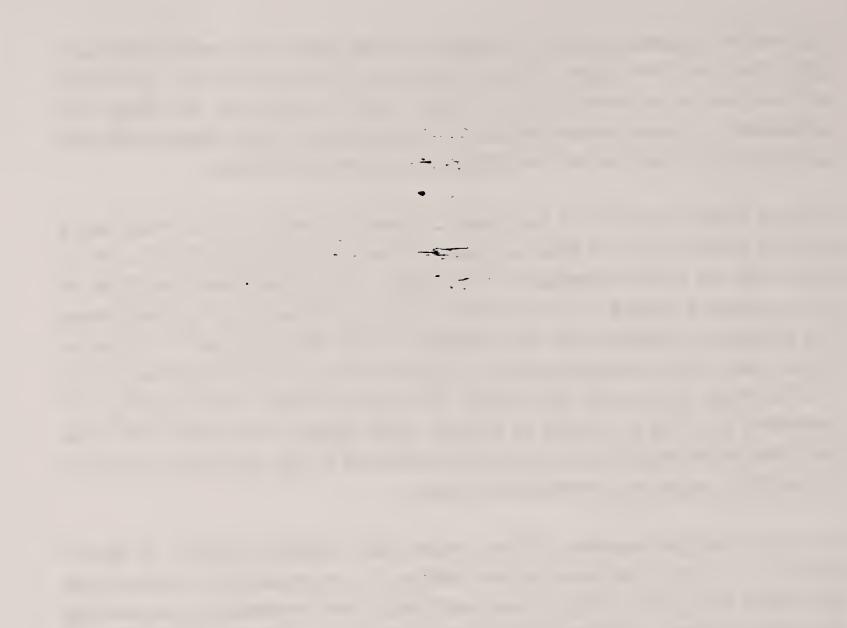
She was finally accepted at the Jose L. Flores secondary school, that had a previous experience with blind persons. In her teachers she found a lot of dedication and in her companions a lot of help. They showed her the school so she could move around. The treatment she received was just as demanding. She designed a method to do her homework: first she would write it down in Braille; later, after having classes in a regular machine and learning how to use it effectively, she would type them. That way she went from reading her homework out loud in classes to present them typed. The exams were oral. Her companions helped her to work with materials so she could feel, and learn, for example, measures or geometric figures.

She went through secondary school almost like a regular student. In sports class she only practiced exercise and walking, to compensate for the exercise she was in charge of calling roll and verifying if her companions were wearing the sport uniform. To make the report, first she would take it in Braille and later, already typed, she would handed it in.

In the library she always worked in team: She would take notes and frequently she gave the class, since she rapidly memorized the investigation.

Leticia considers the memory and imagination indispensable activities for a blind person.

In junior high school she got first place in first year, second during the second year, and in the third year she stayed in first place with 9.8 average, which gave her a special award given by the authorities of the school and the Public Education Department of the State. On that occasion she received a book as a gift.



At that time she went to a few parties and, although she did not like dancing very much, her companions would helped her and, above all, would accepted her.

She studied at prep school number 8 of the University of Nuevo Leon. She did not have any problem being accepted; some of their classmates were the same ones from the secondary school. Her study method was the same: homework in Braille, typing, taping, and teamwork.

In the Chemistry class she received special help: On Saturdays she would go to her Teacher's house. In the laboratory of this class she got to work with a burner, and like many of us who have been in the chemistry lab, she also got burned

When she finished prep school she was inactive for four years; then, Milagros Saenz, a friend of her, told her that in Retinitis Association they gave English classes and she decided to attend on Saturdays.

This was her first contact with AMRP and since then she received support from this Institution. Later she found out about the job of packing air freshners for bathrooms from Alen industries and she was working for three years. In one occasion, they asked her how much she made and she answered them 150 pesos per week; another blind that was there commented that he made a 150 pesos per day by singing on buses, to which she answered that she made 150 per week but for work and that the 150 pesos per day that he made were product of pity.

At that time she took classes in the use of Perkins machine in order to write in Braille, computer and daily activities classes; The Association helped her get a scholarship in the Mexican Institute of Cultural Relations where she got to the fifth level of English.

At that time she practiced an adapted sport known as Gol-bol, in which you used the ball with a small bell to hear it. It is played on a court of 9 m by 19 m, three players in each team. This sport can be practiced in the Nuevo Leon Gymnasium.



With the gol-bol team she went to a competition to Guadalajara, where she met the physical education teacher of the team from Mexico city, who was also the physical education teacher in the National School for the blind Lic. Ignacio Trigueros, that was founded 127 years ago, and that is specialized in training for the blind, with technical careers in massage therapy and music.

When she got back to Monterrey she called to Mexico City to see if she could register in the massage therapy course and four members of the association decided to go. She studied there for three years as an intern in the mentioned school. She was interested in being there because she thought she could learn and have something to support herself and to have a diploma. Through the AMRP she contacted with the Maiz Velarde Association and the Santos Fundation so they can give her a semester allowance to her personals expenditure and for material for the school.

She was like that for three years, together with her companions. Lety graduated in 1998 with the highest average of her class, which made her win an award.

Massage therapy is a treatment of massaging the muscle for therapy purposes. In order to graduate she trained for six months in the Gregorio Salas Hospital in Mexico City.

Presently she works giving massages at home, and in her house she made a cubicle for this purpose. And she is doing very well.

Leticia is an example of perseverance and achievement, and above all she knows that to be able to do anything in life she has to do an extra effort.

Thanks to Leticia for sharing the valuable example of her life.



• THE ONLY THING THAT YOU CAN NOT DO IS DRIVE A BUS Story of Ulises Salas Gómez By Hugo Arredondo Galván.



"After hearing this -says Ulises Salas- from each one of our teachers, the future became wide and with a range of possibilities that we never believe could occur before we got to the Arkansas School for the Blind in Little Rock, with this scholarship that my friend Luis Flores and me had received at the Association of Retinitis Pigmentosa. Two years before, while consulting with a ophthalmologist, Dr. David Choy, he had given me the news: I had a genetic disease for which there was no cure and whose progress could not be predictive, but as time passed it could make me loose my sight completely.

It was as if the world fell on me. Why me?, I asked my self...but this explain the series of problems that I have had with my sight since I can remember. "You have weak sight!" "You are going to have to uses glasses", the doctors would tell me as the answer for the blows that I suffered and the falls that I frequently have since I could not calculate the spaces where I was moving or playing and that, also, were happening to my brother Homero. But wearing glasses did not improve our visual capabilities.

Despite of my frustration, anger, and depression, all together, to have a diagnosis made me face the reality of what my life could be. The same doctor



that saw me told me that a Association existed that helped persons who had the same problem as mine and he recommend me that I went to them.

I was born in Acapulco, Guerrero, on April 8, 1972; I finished secondary school and I came on 1986 to Monterrey, N.L., to study in the prep school number 2.

In 1988, when I arrived to the Association, I found a group of people of different ages. Some, in conditions similar to mine, another with more advanced problems, but all with a lot of enthusiasm, trying to assimilate their problem and learning to live with it.

The experiences were very interesting because now I was not alone; I now have someone to share my fears with and, also, I was in contact with people who wished to help people like me so they can get ahead.

When I saw a possibility of getting a scholarship to study in United States I left prep school unfinished an I started to study English. We were very fortunate my friend Luis and I to be chosen to study in the School for the Blind in Arkansas.

The school is a boarding school where I was going to be for a year, but it extended to three. I learned how to handle myself in the moment when my sight would be missing completely. I took classes of orientation and mobility, Braille, daily activities, computers with advanced technology. I met a lot of people who were in a more advanced phase of the disease than I was and nevertheless easily did better than me in preparation. This was stimulating to do better, which I did, and I got to stay for two more years. At that time I finished the credits to graduate from high school thanks to Mr. Ogburn, Director of the School, and the Mr. Bill Clinton, president of this school, who allowed us, as Mexicans, to study there as Jose Ignacio Suarez Garcia had done. In that time, of course, I learned English very well.

When I finished, I returned to Monterrey with the perspective of applying what I had learned. In the Association I worked for almost a year and a half, giving classes of orientation and mobility. I began to study at the Teacher's Normal Specialties and I graduated as a teacher, with specialty in Special Education. I got married three years ago. My wife is Teresa García Flores, who I met in the association when she was a coordinator.



Now, I am 27 years old, everything that I have done has helped me to guide my life. Thanks to my studies in Arkansas I am an English teacher in a private school and I give classes to children that need special education in a primary school of the state. Even though I am satisfied, I would like to do a master's degree in special education and help people like me to get ahead, since I believe that blind people have the possibility of preparing themselves so that, they can cause a change in the culture and those who surround us.



• FROM FEARFUL TO FEARLESS Story of Juan Angel Hurtado Garcia By Olga Lidia Flores de Guajardo



Juan Angel Hurtado Garcia is a young man of 25 years of age from Monterrey, N.L., married with Nancy Adriana Gonzalez Bazaldua, and who in the year 2000 will be a father for the first time. Presently he works as administrating supervisor in the Chipinque Ecological Park, A.C. and, to do this, like everything else he has done in his life, his problem of hearing and visual weakness have not hindered him.

As a boy he first had the problem of hearing, without notice it. At the early age of one year his mother, when she saw the boy that did not answer to the orders that she gave, she took him to the doctor, who diagnosed that he was a person with mental deficiency, for what he was treated with a specials courses for this illness. When he was five years a teacher found out that the boy did understand, but that the only way that he could understand was talking in front of him, which is why after observing him she understood that his real problem was hearing. At that time he did not have sight problems.

He studied primary school in two schools. In the second one, called Constructora de Monterrey, he had very understanding teachers. He remembers with affection his teacher Hortensia Ramirez in fourth year, who



called him "The boy of the drum", because of his fondness of playing on the desk continuously with a pencil.

Since he was a boy he liked music and dance; he enjoyed both because of the vibration they both produce.

In secondary school, because of his hearing handicap, his grades went down, but this time he found teachers who wanted to help him to overcome his deficiency and to get ahead. Of course, in his family he found a lot of support from his father and mother.

It was in adolescence when he started with his visual problems; one day, when he was outside of his home, his vision suddenly went dark. Confused for what was happening, he tried to get back inside guiding himself with the walls. In his try he stumbled with the door, and desperate because he could not see it, he hit it so hard that he broke it. He locked himself in his room hitting everything that was in his reach, living the room destroyed.

His mother helped him. They talked and they went to visit the doctor, who explained to him that his illness was called Retinitis Pigmentosa with Usher syndrome, which produces partial deafness. The doctor's assistant invited him to Caritas de Monterrey, where the Mexican association of Retinitis Pigmentosa was located.

In this way he began to live with his illness. At night his vision would be reduce because of night blindness which this disease produces.

As an adolescent, since he wanted to get ahead, he went back to his group of friends; he played volleyball, basketball and football.

One occasion he got depressed, but with his mother he found always a lot of support. He learn to laugh about what happened with his handicap, like the time when -while playing football in the street- he knocked over a man who was passing by on a bicycle because he did not see him.

When he was studying in third year of secondary school the DIF gave him a hearing device. Later he studied in Prep school number 1 at the university of Nuevo Leon. There he found a world where he could think of his future; he



made new friends, that he conserved with them during the whole prep school. When he began his first year, a classmate from the seat next to him was a boy with a name, and last name similar to his; he thought the boy could help him at any moment by repeating the class when he could not hear, but for his surprise, that boy with almost the same name, who could hear and see perfectly, had no interested in studies. For Juan Angel this was a moment of self appraisal when he discovered that he was interested and that he was capable of achieving it regardless of his handicap

Some time after finishing prep school he enter to Caritas, where, according to him, he changed from been a fearful boy to a fearless boy.

Like any other boy he studied English, karate, yoga, singing and above all, he learned to dance very well.

His mother discovered that he could take care of himself. He went to many places with his friends to the theatres, to the Main Square and Horsetail falls, among other places.

He got his first job when he was eighteen and, as an irony in his life, this consisted in atmospheric control and "visual" inspection of smoke. He did this in a verification booth.

In 1992 he entered to the Mexican Association of Retinitis Pigmentosa, "In Paris", like he says, because that is the name of the street where it is located, and where he met Sonia, the hand that gave him the opportunity to have training and to get a better job.

Through this Association he entered, in Austin, Texas, in the year of 1993, to the Texas School of the Blind. There he learned computers, typing, sewing, orientation and mobility, he practiced English and he was known as a good dancer. After a year of training he went back, and got various jobs such as working in a garden and another in the company of the Association packing air freshners for Alen industries, and he got a scholarship in the North Eastern Mexican University to study a degree in administration.

Finally, on December of 1996 he was offered a job at the Chipinque Ecological Park, A.C., with the help of Georgina Garza, who was the coordinator of the



Association at that time. There, after being a cashier in a booth and supervisor of cashiers, he was given a job of administrating supervisor, where up to this date he is fulfilled with success. He continues to study in the afternoon, when he got out of job, the degree in Administration, from which he graduated on June of 1999, and he got married on June 25 of that same year. Presently Nancy is eight months pregnant and they are very happy.

Thank you Juan Angel, for your valuable example. I hope these lines serve as a guide for a lot of young people who have lost the light of direction.



A LIGHT OF HOPE Story of Gustavo Uribe Perez By Leticia Montemayor



When Sonia Garcia asked me to write the biography synthesis of Gustavo Uribe Perez, I never imagined that this experience would be so enriching for me.

To talk with Gustavo is to fill up with hope, is motivation enough to be able to start up the impossible.

It is shocking to know that our friend was born blind because of a viral disease that her mother suffered during pregnancy.

He was born on September 19 of 1974 in Monterrey, N.L., and at a young age he under went a delicate surgery to recover only 40 percent of vision. He studied primary school in the Jose Maria Cardenas School for the blind. Unfortunately he could not continue his preparation because the Education Institutions would not accepted him because of his visual handicap.

He stayed two years at home, on vacations like he says, until one good day an article appeared in the local newspaper that mentioned the altruistic work of Sonia Garcia. Immediately the Uribe's family located her and she invited them



to join the Mexican Association of Retinitis Pigmentosa. Here he studied computer, typing, and English for a year.

He could perceive a light of hope and happiness fill Gustavo, because his "fairy godmother" got him a scholarship to study in the city of Austin, in the Texas School for the Blind, where he was for a year. There he learned English, computer, and he took secondary school classes.

When he returned, with new encouragement, he began in a company Alarmas Centinela, S.A., where he works in the reception area. Mr. Joel Salinas hired him and he says about him "I don't consider Gustavo handicapped, because he does his job excellently, like anyone who can see, and also he speaks English, something that few people can do as well as he can, and he continually gives me translations".

Gustavo admits that there are situations in his life that are difficult but possible, and that he has compensated the lack of sight by developing his hearing, since his work in the reception demand that he hears more than he sees.

Presently he is 25 years old, and he hopes that life can be as normal as anybody else is, because he knows that within the Association that he belongs to there are companions with greater problems than the ones he has and they are getting ahead.

Gustavo has learned to acknowledge the value of people who help others, as it is the case of those who form the institution that seems more like a brotherhood because of its vocation of service.

Gustavo hopes to be useful to society, to his family and to God as gratitude for having gotten the opportunity to grow in life.



 A WORLD OF POSSIBILITIES IN A WORLD WITHOUT LIGHT Story of Ulises Bonilla Puga
 By Juan Alanis Tamez



He was born in Ciudad Victoria, Tamaulipas, on June 28 of 1974, he is a single young man with congenital glaucoma. The progressive blindness was detected when he was forty days old. When he was 16 years old he was diagnosed with total blindness.

His family, mainly his mother Elvia Puga de Bonilla, his father Ezequiel Bonilla Hernandez and the Mexican Association of Retinitis Pigmentosa and diseases of the retina A.B.P., directed by Sonia Garcia Gamboa, have always supported him.

The support has always been total, " to be honest, it would not be the same", he commented smiling and the same time reflexive.

In Mexico we need people to be more conscious, so that the treatment for blind people can be the same as anybody else's.

Ulises states that a blind person requires more real, more open opportunities. In relationship with himself he feels fine, satisfied, complete; after the problem of his sight, everything that he has set out to do he has



accomplished. He considers himself with luck, after four years of rehabilitation and another four years of working as a radio operator in the Secretary of Primary Services in Guadalupe, Nuevo Leon.

Blind because of congenital glaucoma, his case results somehow strange, because this affliction is catalogued of a problem of adults. People older than 35 years being the most affected, and considered as a hereditary problem or secondary to accidents with blows to the head, would seem even stranger, because in him it is not cause by one or the other.

Fortunately, no one else in his family has resulted with this affliction.

Since he was a boy he was conscious of his illness, since he was four years old he always used glasses. He was classmate to my son Juan Roberto, during the primary school in the Maria Moreno school, in Cercado, N.L., and they used to play in his house and mine.

Slowly and gradually he was not going to be able to see; the bad news was given to him by Dr. Ricardo Garza Karren. His reaction was of fear.

The support of his family was given mainly by his parents and in the school by the teachers of third year, who helped him to finished secondary school; among others, his third year counselor, the teacher Nora Oviedo.

Ulises Bonilla found out about the existence of the Association by an interview that he listened to in a radio, at the beginning of that month of September of 1992. He started to attend since September 11 of that same year. His learning started there during a year in areas of Braille, orientation, mobility and computer. In September of 1993, through the Association, he got a scholarship with the Texas School for the Blind, in Austin, Texas, where he was accepted thanks to Dr. Phill Hatlin, director the school, and he continued studying computer, orientation and mobility, daily activities y massage therapy, until may of 1994.

In June of 1994 he returned to the Association, he got another scholarship for a year in the Institute of Communication, Art and Humanities of Monterrey (I.C.A.M), where he studied Radio and TV communication, later he started to work at the Department of Primary Services of Guadalupe, N.L.,



thanks to an interview that he had with the mayor, Jesus Maria Elizondo, who helped him to become part of the personal that works in the Department.

About his world of possibilities, Bonilla Puga comments: "To see...-he corrects-... To discovered that around us there is people who say they are complete and who do not contribute so that the environment in which we live can be better, helps me to be satisfied to do things around us and for others".

He continues expressing his feelings to our society and says: "As obstacles we have stereotypes with which blind in general are labeled; for example, if we want to work why don't we dedicate ourselves to play music on the streets. Is not that easy".

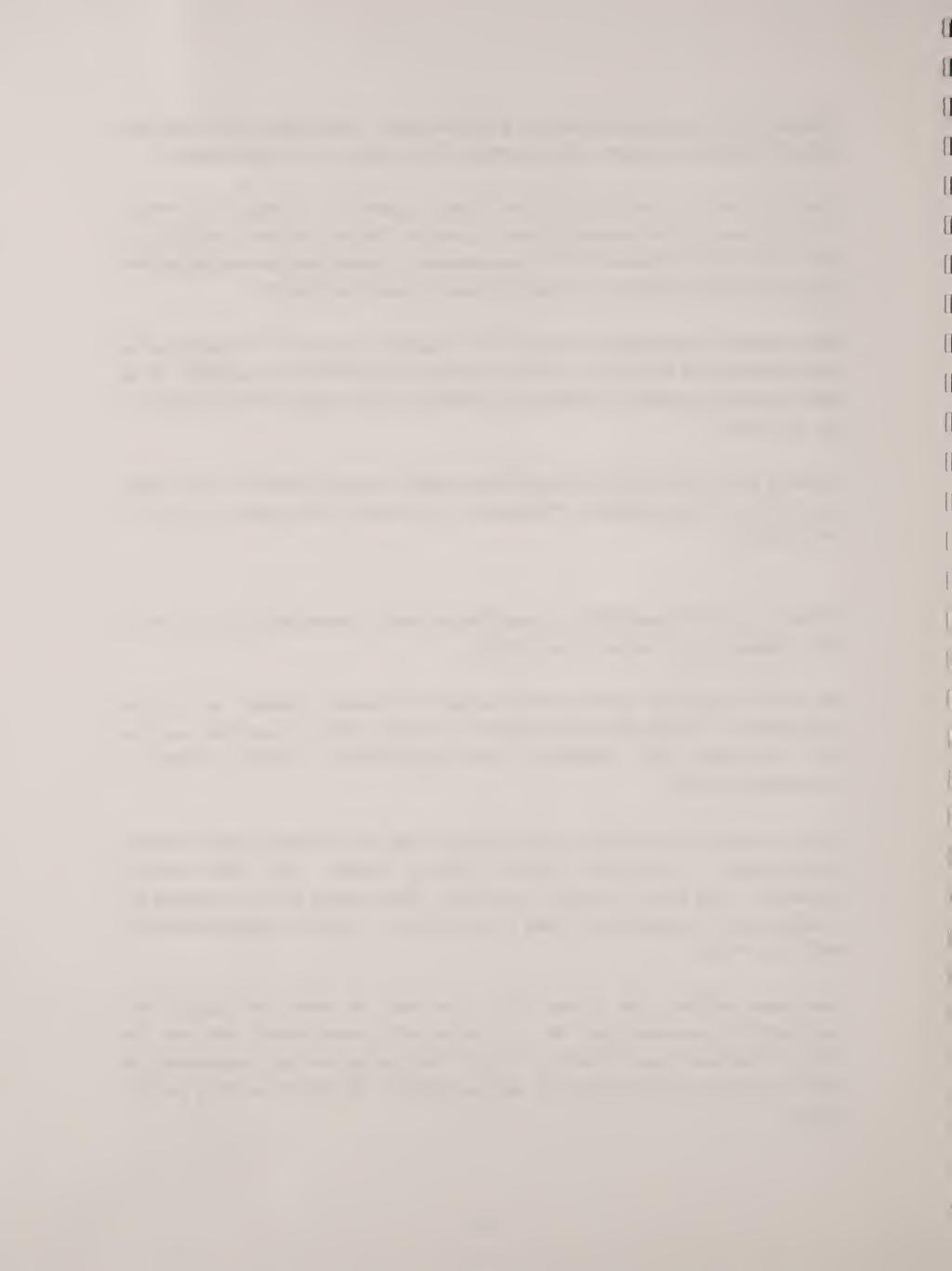
Ulises is very active and he had worked in radio communication for four years, and before in travel sales by telephone, in San Pedro Garza García, N.L., for two months.

From his world without light he would like to work in everything that has to do with communication, radio or news mainly.

He feels interested in the world where he moves, because as he has demonstrated his capability in a work that he does, the company has paid him with confidence, and, sometimes, with responsibility to make decisions to continue with work.

For six months he received psychological help of a therapy type through conversations in the school for the blind, in Austin. The time when he received it was when he was 19 years old, three years after he began his blindness, and he would have liked to receive for the first moment when his problem started.

The main challenge for young Ulises has been to make the people that surround him conscious that he is a person with special needs, who can get along in the same environment and that blind people are not dependents of charity, not even a few coins, but with a little bit of support so they can get ahead.



In work he has defeated his challenge, giving the best of himself.

His greatest suffering has been rejection, that doors are closed even before he can demonstrate his capability.

He told us that he greatest joy is "to see...-He corrects-... to know that day by day people's ideas are changing, and that the doors are opening. My senses have develop more, I have better hearing perception; I think that 25 years ago I came to this world, and life has given me the opportunity to think, which I am sure the reader of this book also has. I hope the people become conscious, that they open the door to the conscious and to the heart".

For Ulises Bonilla Puga, a world without light can become a world of possibilities for him and to other blind people.



A PEACEFUL BEING NAMED MILAGROS Story of María de los Santos Milagros Sáenz Hinojosa written by Rosario Torres de Gorostieta.



"You know well that hope does not die on me
That the years on me are not leaves, but flowers
That I am never the past but always the future."
Rafael Alberti.

My name is María de los Santos Milagros Saenz Hinojosa; I was born in Monterrey on July 21 of 1964, weighting 800 grams. I was in an incubator in a hospital for 3 months. When I was discharged my parents took me to Miguel Aleman City where I lived together with my four brothers and sisters, two men and two women.

A short time later my father, who was a doctor noticed that I did not follow him with my eyes. In the incubator, they applied wrong the oxygen pressure which damaged the cones and rodes in the retina, developing a disease that is called Retrolental Fibroplasia. Studies were done in Monterrey that confirm the diagnosis. I was taken to Houston and the results were the same.

Three years later all the family moved to Monterrey, because of my brother's studies. I also wanted to go to school. When I was six years old I was taken to the Jose Maria Cardenas School for the blind; at that time I did not want to be alone. Little by little I started to fit in, I became friend of three girls. The rest of our classmates were boys. I finished primary school there and I learned the Braille system. This was from 8 o'clock in the morning until four or

five in the afternoon. In the morning we would study primary school and in the afternoon we had English, knitting, and typing. One day in my house I picked something up and I said, "This is a flower". My mother was surprised and said to me, "Do you speak English?".

My childhood was very lovely. The relationship with my brothers and sisters was normal. We played, we fought. My brother Francisco would picked me up at school. My father would teach me things, he motivated me, he would say: "If other people that are in the same situation as you can do it why don't you?". He bought me a bike and skates. My mother would be frightened. He would say, "nothing will happen, if she falls, she gets up". He also gave me a subscription to Ridgest Digest in Braille; I did not like it, the articles were not appropriate for a little girl.

I continued my studies in a regular school, secondary school number 3 with professor Felix Escamilla. The director did not want to accept me. She said that I did not belong. My mother asked her: "Are you going to register her or not? Because if you are not going to, I am going to talk with the Secretary of education". She did let me in. At first I did not feel comfortable. I was used to have 4 or 5 classmates, and there were 55 students in each classroom. I had not privileges: I helped my self with a tape recorder. I took notes in Braille; my parents and brothers read to me and studied with me. I began to have friends who asked me to teach them Braille and who would invite me to their homes.

I finished secondary school and I spent a year without studying because I wanted to go to the United States. I made arrangements to enter a school in San Antonio, Texas, but I was not accepted because I was not a resident nor American.

I went to the School for the Blind and I helped to give classes of Braille for a year. I liked doing that a lot. The teachers Lilia Puga and Aurelia Gardea motivated me to enter the teaching school.

I entered the univeristy at the C.E.U. Teaching School. I was there for 3 years; I did very well even though I did not know anybody and I was the only student with a handicap. Sometimes I had problems with homework of manual

tasks or drawings, but they would let me take them in clay or some other material. I had two teachers who taped the classes.

When I got my degree, I looked for a job at the Secretary of Education, but I did not get it. I started to study English at the Mexican American Institute of Cultural Relations up to the tenth grade. I did not study more because there were not more books in Braille. I continued without getting a job.

I went to the school for the Blind and I took a course in toys, flowers and cooking. I learned how to cut the pattern, sticking the molds with clips on the paper; because of the lack of sight you learn how to use your sense of touch a lot.

Two friends of mine told me that they were in the Mexican Association of Retinitis Pigmentosa. I asked if I could enter and I did.

I was motivated by the fact that Sonia had a son with a visual handicap who was studying in the United States. She gave me the necessary information, but because of my age, more than twenty years I could no longer enter the school in Little Rock, Arkansas. I used to go to the Associations on Fridays or Saturdays to singing, English and yoga classes.

My father had an accident. He was in the hospital for fifteen days and he died on February of 1992. I retired for a time. I missed him very much.

Meanwhile, in the Association they began to organize the talking books library. Sonia got a dymo in Braille and she called me so I could help classify the audio books. The work motivated me in my sadness.

Now without my father I needed to make a salary to be self-sufficient.

Sonia accompanied me to the Secretary of Education with my curriculum to request a position. Eight or ten months later they gave it to me in the support unit of Apodaca; I was there for a year and a half. I asked for a transfer and I was sent to the Southeastern of Monterrey school in the Colonia Buenos Aires for three an a half years. In the morning I worked in the association.

Later they made an agreement with the Secretary of Education and I was assigned to the Association for six years full time.

Here I give classes in Braille to thirteen adults and I am in charge of the Talking books library, were I keep the control of the audio books, I copy cassettes, I label, I order and put information on the computer.

With regards to my sentimental life I had a few boyfriends who had offered me marriage; but up to now I think it would be a little bit difficult, because of my handicap, to take care of the children that could come, which is why I prefer to be single. I have a lot of friends, we go out and have a good time with all the people of the Association.

My next goal: to learn computer. That is what I am going to do!.

I thank you with all my heart for the support received from my parents, brothers, teachers, friends, and companions and from the Association through Sonia. A thousand thanks!

Mily, as everybody calls her, is an example for all because of her integrity, her responsibility, her harmony; she seems to have an aura around her that makes her shine. She is a beautiful woman inside and out.

This is the opinion that I formed when I met her and when I interviewed her, which all of us agree.



YOU ARE WHAT YOU CHOOSE TO BE
 Story of Laura Solá Cordero
 By Rosario Torres de Gorostieta



I am Laura Solá Cordero de Domene. I was born in Mexico City on September 29 of 1953. My parents are Ernesto Solá Gomez and Ema Cordero Meza de Solá. I have two older sisters.

When I was eight months old, my mom noticed my lack of vision because of the glaucoma. I was taken to consultation with various doctors, some of them foreigners.

Doctor Puch Solanes sent me with Doctor Roberto Valentin Winstein. They operated at me eight times to try to reduce my problem. Until I was three years old I could still see a little bit. It was at that age when operations stopped.

My mother asked Doctor Puch for advice about what she should do with me, and he told her: "You know if you make her a good woman or a girl who is locked in a room".

My parents got information about a school in Mexico, The National Institute for the Blind. To enter there you have to pass a lot of health requirements and vaccines. Once I passed my entire test, my mother took me to the school and they told her that the minimum age to enter was five years old. I was



three, but I was developed and smart. At that time my father was a representative for Teteapulco and he got me another birth certificate with the required age. I entered the school. I lived with a family that provided accommodations for students with visual problems. There I studied primary school.

The neighbor's girls, that could see, would look for me to play races and games with them. I had a very good time. They also took me to the movies and they would buy me chocolates. My mother visited me once a month, she took me clothes and she would take me out to a restaurant to eat. I knew how to eat perfectly, without dirtying myself and using tableware.

On vacations I would go home. We had a big doll house where we would play my sisters, my neighbor, and I.

Later living in Mexico City with my family, I continued my studies at the Ramon Adrian Villaldaba. I had always been very happy. I enjoyed going on picnics, the rides of Chapultepec, and the conversations with my sister's friends.

We moved to Guadalajara, where I began to work as a volunteer in the school for the blind. Some time later the director asked me to be a teacher's aid. I talked about it with my father and he said: "if you like it, do it". They would give me \$500 pesos and I felt like a millionaire. I was in charge of a difficult adolescent group, it was a very difficult year. This experience made me grow, as a person, spiritually and emotionally.

I took a course in reductive and relaxing massage, and another in modeling. The owner and director loved me very much. She would invite me on rides and she would take me to meetings of an American club that she belonged to. There I met a Gerardo Domene Lozano.

Some time later we got married. By that time I had already had a nine year old daughter, which he took her as his own; her name is Ema Alicia Domene Sola. She has always been my responsibility: I help her with her studies and she has never given me any problem. To be a mother is not difficult even if you are blind, because love can do anything. If any obstacle gets in your way, you can get ahead if you have enough decision and security to do it.

Because of my husband's work we had to come to Monterrey in 1990. I was a volunteer at the Central Library where I met Sonia and she asked me to work at the Mexican Association of Retinitis Pigmentosa, where I entered as a volunteer, helping in the workshop and the talking books library.

From 1993 until today, I work, now with salary, as a Braille and daily activities teacher. I also worked as a consultant for volunteers teachers who teach different subjects. It is very important to talk with the family of the blind students so they do not overprotect their family members.

I have a little wild personality, I like to dance a lot. They say I am a leader. I have initiative, I have the gift of organization and that I am a hard worker. I am strong as teacher because I have to project that strenght.

If I could see, I would have liked to be a social worker or psychologist. In my reality I am practicing both professions helping people who tell me their problems. I give advice but I ask them to use their own criteria.

I am hermetic with my problems, I try to solve them without talking about them. Unless they are very serious, I do it quietly with someone who can help me, or who would listen to me. Presently I am in process of divorce, and I am going to solve it by myself. As much as possible in any way I can.

My immediate plans are to study open prep school and then teaching school.

Having a limitation does not mean that the world is going to be over; more than limitation, you have to see it as a challenge that you have to overcome, and instead of worrying about your limitation, you should worry more about getting the most of the much you can do with that limitation. Help those who have the same problem, because you know what are the obstacles that you have to overcome.

God is always with me. I am not alone. I thank him for helping me with my daughter, and I tell him not to forget about her.

Thanks to my parents who gave me life and the genes that gave me the personality and the strength that I have now.



I thank my sister for the patience that they have had.

To my friends, thanks to be nice with me.

To Sonia, thanks for your confidence and friendship without asking for anything.



MY UNFORGETTABLE CHARACTER Story of Maria Elena Mijares By Irma Pro de Aguiar



A few years ago, I read with real interest in Reader's Digest the section titled "My unforgettable character"; I was filled with admiration and tenderness, because of his actions and beautiful deeds, The central character of each narration

I never imagined that some day I would have my own unforgettable character, but today I do and I am going to tell you the story.

Her name is Maria Elena Mijares Almaraz.

She was born in a heart of a very poor family in Apodaca, Nuevo Leon, near the city of Monterrey.

Her first two years passed among pampers and love from her parents and games with her friends.

One day, when she was two years and some months old, an unfortunate meningitis caused a terrible near-sightedness that left her almost blind, paralyzed her legs and arms and altered even her speech; for this reason, because of the awkwardness of her movements and of her speech. Many people believed that she was mentally retarded.

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From then on, her childhood became a deal for her because trying with might to get up, she could not and her frustration and desperation would make her cry with bitter tears of dispair.

While all the other children played, Malenita would be silent and sad; she would seat on a corner, hear the noise and wanted to be like them, to run, to jump, to play games, to jump the rope, and so many games that they invented in their childhood.

So, with tears, bitterness and a terrible feeling of loneliness, many years passed until, one day, somebody told her about a association called Mexican Association of Retinitis Pigmentosa, whose president is Sonia Garcia Gamboa, a woman of immense virtues and whose altruism an dedication took her to form the association with others persons, where help is given to many handicapped people that unfortunately do not have a place to go, and which today gladly celebrates fifteen years since its foundation.

In Malenita's case, my unforgettable character, with the help of Sonia and the Association, and operation was done to her sight that now allows her to see better and with a lot of therapy, she also succeeded in moving her own legs and, thank God, she can now walk, moving better from one place to another. Her improvement filled her with enthusiasm to the point that she started to study primary school and then open secondary school, which she finished. Her feelings motivate her to write beautiful poems in which she, with simplicity and realism, expresses all her experiences and telling that there are more opportunities for people like her, who wish to improve their standard of living in order to succeed.

Sonia and the Association make one of her mostly wished dreams come true: they published two books of her poems: "How important it is to live" and "With will to live", which talk about a song of love, of resignation, but also of great dreams and many hopes for a better future. And as if this was not enough, she also succeeded in having her poems taped with the valuable free cooperation of well known artist such as Gonzalo Vega, Susana Alexander and many others. The sale of this material has represented and important economical help for her, and has made the marvels that a handicapped person can write known among many people.



Because of this and after being in shadows for so many years, Malenita has seen the light, and with it the stars, the moon, the sun, the butterflies, the birds, the sea, the trees and everything painted with the beautiful color that marvels and fills the soul with new dreams that little by little become reality.

Malenita fell in love with a friend from the Association, Hector. And so in love, she got married and formed a home that has been blessed with the arrival of a beautiful and healthy baby, that was baptized, her godfathers being Sonia García Gamboa and Jorge Suarez García. This child has fulfilled them with joy and happiness.

The Mexican Association of Retinitis Pigmentosa brings together many blind people with the purpose of helping them emotionally and physically, and preparing them to face life working honestly. With modern equipment and adequate teaching in its well conditioned workshop and in its classrooms, the study and dedication of the students has been a way so that they can succeed and reach the goals they wish and, in this way become a worthy part of society.

Today Malenita is a clear example of the people who graduated from the Association. She succeeded and made many of her dreams come true, but she continuos fighting day by day so that her worthiness is acknowledged and the need to know that she is totally integrated to her the community is understood.

Talking with her, she has told me that another of her goals to reach is that new fields would be opened where people like her can develop, with different handicaps, but with the same rights and desires of wellbeing and happiness. At present time she is finishing her next book, "The wonderful gift of being handicapped", dedicated to Gaby Brimmer (R.I.P).

I know that her example will bring other creatures of God, who like her, with the help of the Association and of their fellows, would fulfill themselves positively for a better future.

Malenita: You are a beautiful and a clear example of virtue, of success and persistance to continue defeating each of destiny's challenges. God is great



and nobody lacks his kindness and charity, but we have to remember that every day he tell us: "Help yourself, and I will help you".

Malenita: because of this example of success, you are and always will be my unforgettable character.

EVERYTHING HAS VALUE

Before I lost my sight, I swear that I could see, But then I was blind to everything beautiful in life; I did not admire the details, the beautiful springs I did not value my sight. Today I value my blindness Because today I can describe the forgotten details. Because now I can admire what I had never seen; Today I describe color by the aroma of flowers, Today I listen to smiles and perceive the heat, the warmness Of the spirit of sincere persons I do not need my sight to see the springs, Before I was blind and I thought I could see. Today I like even winter and enjoy these days. That is why with my message I suggest to you who see Take advantage of what you have, do not live in fantasy. Do not let it happen like it did to me, that the beautiful things I could not see, And when I thought I lost it, I did not know what I had in my hands My healthy body to pay life for the miracle of living And enjoying without limits.

Maria Elena Mijares.



• A BLIND CLOWN AND A WINNER Story of Juan Manuel Velazquez Zamarron By Silvia Baez Hinojosa



-No doctor, it cannot be! My retinitis has been stationary for fourteen years, when it was diagnosed by Doctor Jose Choyet! Why do you say now that is advancing rapidly? -Desperate pail was the face of Juan Manuel Velazquez, a thirty-six years old man, when he receive that news.

-The accident four years ago accelerated the advancement. When you hit your head the veins that irrigate the eyes were affected and constricted, little by little, -the doctor was very serious as he answered-. We cannot talk about dates, but with the speed with which the spot in the back of your eye is advancing, I recommend you to keep going to the Association of Retinitis so you can get counseling and help.

He left the hospital and with his head low and his spirit even lower, walking slowly because of the enormous weight of his reality and the fear of stumbling with something. That big man of 1.80 meters of height, well-built and beautiful olive green eyes, was coming apart.

-I cannot be the successful sales man that I was -He thought-, I cannot play with my daughters anymore. I, who has always loved sports! How am I going to



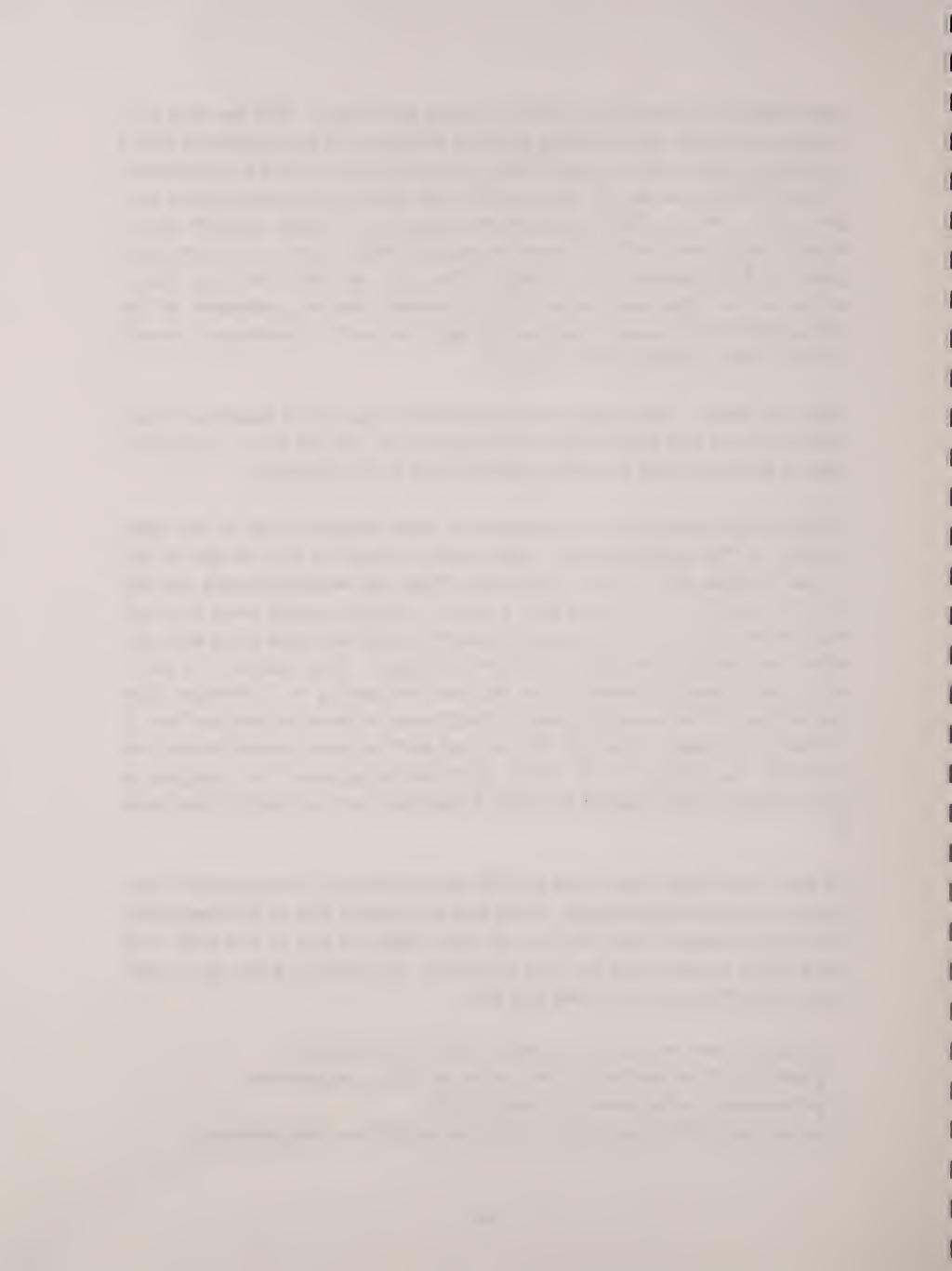
earn money to support my family? I cannot even drive. Will my wife stop loving me for this? And the thing would be the same for my daughters? How I am going to give them the news? This is going to be very hard for them! How ironical to have one day all my capacities and today no appreciate what they are worth. And, suddenly, loose them because of a stupid accident with a drunk. I know very well that from the moment that I was born I had a bad gene. But I was born with all my vision. Why could not I stay that way? Now I am an ex star sales man, an ex chief of personal, and ex goalkeeper of the Tamaulipas's state team... What am I going to do now? - Juan Manuel covered his face with his hands and he stumbled.

-Why me, God? I have always had great faith in you, as my heavenly father. Why do you do this to me? No! -He straightens up-. Do not let me complain! I want to know solutions, not guilty people! I have to do something!

While he was walking with no direction he never imagined that he was going directly to the experience that would partly change his life. He got to the corner of Padre Mier street and Juarez street and something made him lift his face and find a blind man with a cane. A strange impulse made him walk next to him and to see that he can be faster. He still had some vision while the other man used his cane as a substitute of his eyes. They walked for a while, until Juan Manuel discovered that the man was coming to Cuahtemoc, four blocks ahead while he was half way. He had to run to catch him and see how he crossed such a busy street like this one and with surprise he saw the man use perfectly, the change of the street lights and disappeared in a building on Rayon street, which is where the first Association for the blind of Monterrey is.

He went in and asked how it was possible that a blind man could go faster than him, who was only visually weak. What was his system? One of the people who was there answered that the man he had follow was one of the best cane users. With curiosity and not very convinced, he stayed to know what other experiences they had that could help him.

- -You have to learn to use your hearing-, one of them told him.
- -I guide my self by the heat of the sun on my face-, said another.
- -I get oriented by the turns that busses make.
- -Use the cane as help, especially at night when you have more problems.



- -Know the area where you move and learn where the street are located.
- -If you know the streets, then learn which way of each one of them.
- -The car motors sounds different when they go within streets or when they come in an intersection.

The technique for the blind implies a thousand things that have to be learned.

What they could not help him with was avoiding the depression that came over him like a dark cloud when he left that place.

He went home and talked with his family about what had happen. Big drops of tears came down his cheeks. But the people who always loved him, made him feel that he was valuable in their lives despite the circumstances that surrounded him. This love protected his self-steem.

Although his trouble to support his family doubled, he continued to learn. Not being able to read represented a great loss in his life. At first he saw this by making audiotapes of what he needed. But since its obvious that one's time in not the same that others time, not every body wanted to help him to tape. He avoided being a bother and he did not asked for any more help.

The days became weeks and than became months that allowed Juan Manuel to collect marvelous experience that God drop over his existence to make it richer. One day, for example, he got angry with his friend Fidel Rubio because for a thousand times he told him: - Come on pick up your spirit, if you are only blind for you eyes, everything else is healthy. And he remembers his grandfather saying: "At the moment that you stop fighting you start dying". Juan Manuel jumps up and scream:

- Oh, no, grandfather! I am not dead and I don want to dye, I am only blind in the eyes, everything works right!.

Once again he proved that the love in his friends and family was surrounding him to protect him from becoming depressed.

Or when he feels down, he listens to a radio and asks himself in a whisper what he is going to be in his life. He calmly begins his ritual transformation into the clown Pepin. When he was made up he went to the united clowns of Monterrey.



There he talked with his old friends and found a job that he needed to have a new system of life, a trade that paid, that was also fun, since all his life he had enjoyed seeing and doing theater.

In 1987 he arrived to the Mexican Association of Retinitis Pigmentosa, where he began to give classes in theatre and comedy to his companions with whom he presented six plays.

On another occasion, he had an opportunity to go to Cuba, with support from the Association, for an operation. Doctor Orfilio Pelaez Molina, director of the Ophthalmologic center of Cuba, came to tell him that he could stop the disease, save certain cases, but not revertible. Those interested were determined to get money together for the trip. Juan Manuel brought his clown friends together for shows.

Ten people left Mexico to Cuba with all the hopes put away in a suitcase, with some money and can food, because food was scarce over there. Juan Manuel made four trips in which, with operations and treatments, they were able to give him peripheral vision.

Another of the gift of life was the instruction that Alicia Alonso, first ballerina of Cuba Ballet, gave him so he would know how to move on stage using the lights and sounds. He would use this suggestions later in his presentations.

His daughter Perla became a master operator to guide him in his shows, and his other daughter Paula, had an inclination for show business like him. Neither one of them inherited his illness.

About his wife, he simply says that she always is and has been the force that unites the qualities of all to make them be together. Maria de Lourdes Martines is a wonderful woman. In her firm silence is the pillar that has always been there to help when it is needed. And he still loves her very much, with all his heart and we all his soul because real love, even when you make mistakes, can not finish from one day to the next.

So his life became easier to take, if not perfect. But he was missing, something. He was missing sharing these gift with the companions of the

Association. And in the following, he shares with all of us some of his reflections.

Psychological help, family and professional orientation, physical adjustment to the cities and traffic education are needed. First, every body has to recognize the presence of the handicapped. If a person is blind, They have to understand that the cane is not a weapon, but a very important help. If you offer to help him, teach them not to take them by the hand that has the cane, but simply to guide him and warn him about any obstacles.

A real study of the aptitudes and attitudes of the handicappers is necessary. Some good advice and support are always well received.

Do not put up barriers, and if it happens, jump them, leap them or go around them but leave them behind.

You have to give people with a handicap confidence, not pity.

It is all matter of pulling out that force we have inside, knowing and accepting us as we really are even with our limitations.

Your have to teach blind children first the environment of the blind, so that you can let them go to the common world. Teach them to read and write with the love that Mily does it. They should have more attention in home and not be pushed to a corner listen, the radio or the television.

It is not the same for someone to give you money than for you to make it.

Do not let people call you poor, if there is something that I hate is "the man who steps on a man and the one who lets him step on him". My life has been filled with so much richness, of so much, that it would be a sacrilege to let myself fall. This has let me continue to be alive. Look in your life for that richness that problems darken.

We have had several good psychologists but we need more. We have to look in the school and universities. We need them to send us young people to do their social service. We want them to treat us like friends, not just as professionals to a patient.



One of the thing that help me the most is that my family covered me with the love of God, showed me how to talk with him every hour, and in the morning tell him: "You are really great to let me live one day more. Give me the opportunity to make it until night and tomorrow you decide". Renew your old faith and support yourself.

I enjoy all the seasons of the year: I love summer because I enjoy a glass of cold water; the autumn because melancholy gets into my soul. It make me think and forces me to look for new things; the winter because its strips the world completely and it makes me notice that heat that I have inside my body, that heat that gives life, and I also like spring because that is when I bring everything together.

Now a days I work a lot as "Pepín the Clown" in children parties, in shows for adults, in stores that hires me to promote their products. And I am director of the Association of Regio Clowns of Monterrey.

Then Juan Manuel Velazquez smiles and thinks, satisfied, that his expectations could be accomplished, and he finished his dissertation like always with this pray:

- Thanks, my God, because I am only blind of the eyes.



WITH PRIDE AND DIGNITY
 Story of San Juana Guadalupe Perez Sanchez
 By Rosario Torres de Gorostieta.



I was born on August 3 of 1972, in Monterrey, N.L. My parents are Rodrigo Perez Mijares and Eduviges Sanchez Gomez. I am the sixth of eight children.

My father worked as a laborman. The economical situation of the family was difficult. I was born blind and he did not want to accept it. He wanted to do everything within his reach so that I could see. As a newborn I was operated on the Civil Hospital, I had a scar of that operation behind my ear. Unfortunately the operation was not successful in that occasion. My disease is congenital glaucoma. Nevertheless my father did not give up, I was operated on at different times by different doctors. One of them, Doctor Miguel Nieto Mosqueda, operated on my eyes six times, and when I was sixth months old I was able to see. The doctor died and they kept taking care of me at the Social Security Hospital. When I was five years old I was operated again but my sight did not improve very much. Because of the high pressure in my eyes, a liquid formed that had to be extracted. I was with continuos medical treatments.

Because of this and because of my bad sight I lived almost isolated. My brothers and sister would go to school and I would help my mother with the housework. She was very demanding with me. "Things should be done well", she would always say that to me.

Some times I would play with my neighbors but I like the games that boys plays better. One of them accidentally hit me in the right eye with a stick and I lost a lot of vision in that eye.

I studied primary School in Jose María Cardenas school for the blind and visually weak in Monterrey, N.L. I finished it when I was twelve years old. I was not accepted in secondary school. When I was eleven years old I began to have discomfort and pain in the eyes, because the doctors could no longer control the pressure and it killed the optic nerve in my right eye, with which I lost the little vision that I had. In my left eye, I could see a little and it did not hurt that much.

I turned fifteen years old on August 3 of 1997 and on the 27 of that month I had an accident in my house. I was going to take a bath and when I closed the curtain of the shower I dropped my blouse, I reached down to pick it up and I hit my self in the left eye with a chair and it burst. They took me immediately to the Social Security Hospital, at five p.m., but I was not taken care of quickly; I was operated at 1:20 a.m., finishing at 4:00 a.m., I was hospitalized for a week, and in my house for two months in semi sitting position because I had a hematoma. My older sister took me to a private doctor, who said that my retina was completely damage and there was nothing more to do.

I was frustrated and depressed for about a year. One day my mother said: "There is nothing else we can do, get out of that bed and start to do something". I was afraid, I would mop badly, and she would say: "Do it again, it is all smutch". She would make me iron; "Look at this, this clothes look like they were chew by a donkey, do it again". Thanks to the fact that she did not feel pity for me, I can face life with more confidence.

If you have handicapped children, do not feel pity for them, because instead of helping them you are hurting them. She cried alone because of harshness with which she treated me. With time I understood. Thanks mother because you made me do things right!

When I was seventeen years old I returned to the Jose Maria Cardenas School, in the area of manual activities. At first my mother would make me go: "you have to go and learn", she would said. The school year began in

September. We made flower arrangements for the tombs and sold it. Later, ornaments for Christmas, nochebuenas, stars, and we would sell those also. In January we would make MONOS DE PELUCHE, clasp for hair, brides bouquets, crowns for debutants; In May, flowers for mothers; In June, baskets for the graduates of primary and secondary school and ornaments for little girls' hair. This way I learned that I can make money for my expenses with my work. I was there for about two years. During the week, I would do my work and on Sundays I would go out with my cousin Maria de la Luz, who has lived with us since she was eight years old and who we consider a sister until this date.

My brothers had to work during the day and study at night; they could not help me much.

At that time I belonged to a sports association. I trained there and played gol-bol and I would also run 100, 400, 800 meter flat. A friend for the sport club invited me to the Retinitis Pigmentosa Association. I invited a friend and she would take me and bring me back.

In this Association I studied typing and computer and I worked in the workshop from 1993 to 1996. I also entered the Mexican North American institute for cultural relations to study English at 6:00 p.m. First I took a regular course attending twice a week. Later I did an intense curse in three weeks and then intense courses for five weeks until level twelve for two years.

In 1994 I met Juan Manuel Escamilla in the Association. I had another boyfriend, but I really did not love him. Juan began to be nice and polite with me. With little details, he would wait for me when my English classes were over, and he would accompany me home, he helped me; so I began to accept him. We were dating out for about two years and in October 1997 we married. At first it was difficult for me because I did not know how to cook. I called my mother and I told her: "I have this. What do I do?" She would tell me what to do and in that way I learned how to cook by telephone. Beside of that I did the housework, his lunch and I went to work.

In September of 1996, through the association I got a job in Comercial Chevrolet which belongs to Mr. Jose Rivero Santos, in telemarketing: I called customers to remind them about car maintenance; I would do surveys about how they were treated in the shop, if the sales man comply with the delivery day, the color and the car accessories, among other important data. My work

schedule is from 9:00 to 13:00 and from 3:00 to 18:00 hours. In order to do my job, the company bought a Braille printer that is connected to a computer and make it possible for me to read and put everything in order, and I report this in typing to my boss. Every one in the company has been very nice to me.

I would go to the Association and they would come to pick me up and after finishing my work, they would take me to the Association. In this way my transportation was easier, because this is one of the main problem that we as blind people have. Its difficult to always use a taxi and busses are dangerous.

I got pregnant, lost control, I did not know what to do. And if the baby was blind like her parents?... I thought about not being a mother, I wanted to get an abortion, I talked about it with Juan, and he said: "You decide, I will back you". We consulted with several doctors "You have the same opportunities as other people", they sad. I decided to take the risk; today I discovered that I made the right decision. Thanks to this we have a precious daughter: Valeria.

When my baby was new born, my mother would help me take care of her. Her mouth was so small that she could not swallow. For two weeks, her grandmother fed her with a little jug and later with a special baby bottle. When she was 45 days old I went home and began to take care of my daughter by myself. When she was three months old I began to feed her with a spoon. At first I would touch the tip of her chin to know where her mouth was. Later, the baby would put the spoon in her mouth by herself. One day I would cooked and the next day I would reheat everything.

Also, I soon organized my schedule so I could do my work, since Comercial Chevrolet gave me the opportunity to work at home, doing almost the same thing as I was doing in the agency. When Juan comes home to 6:00 p.m., he takes care of her and I do the housework.

Valeria started walking when she was 11 months old and when she was seventeen months old she no longer use the diaper;. Now she is a year and six months old, she knows that her parents cannot see and she helps us.

We take her to a day care center two to four days a week, from 9:00 to 4:00 p.m. And the other days I have her with me and she does not cause me problems for me to do my work.



We have a handicap, but we have a lot of capacities that we can take advantage of to live our life in the best way we can.

I do not like to depend on other to give me or do things for me. I know how to ask for help, but I do not want someone to do everything for me.

I feel good because I am a successful person for my work, as woman together with my husband and daughter who I love so much. Complete even though I do not have light in my eyes.

My life have been difficult but pretty; my childhood was good, I get along very well with two of my brothers. The rest did not think that I could make it. I wanted to go out and they would say: "Get inside"; my mother would intervene: "My daughter is curious and hard working", she told them. With my efforts I made her feel proud of me as with the rest.

Every one's examples help stimulate me. If they can do it, Why could not I?

Overcoming a handicap depends a lot on the family, on the school, on the mother, of what you learn on the streets. My mother still checks me out: " I do not want people to feel pity for you", she says.



IF YOU HAVE FAITH IN YOUR SELF YOU DO NOT NEED ANYONE ELSE
TO BELIEVE IN YOU

Story of Juan Manuel Escamilla Martinez By Rosario Torres de Gorostieta



I, Juan Manuel Escamilla Martinez, was born on Octuber 12 of 1958. I am the youngest of the four children of Juan Manuel Escamilla Escamilla and Maria de Jesus Martinez Gonzalez de Escamilla.

My childhood was calm, happy. My father worked arduously. My mother would wash other people clothes and would sell American merchandise. We lacked things, but we learned to value things and to work to get what we need.

I studied primary and secondary in a public school. I studied to be a private accountant in the Banking and Industrial Institute. In 1975 I received my diploma.

I applied for a job at the Plane Glass Company; I was not admitted because of my age -17 years-. I worked for a year in a grocery store. I entered the technical school in machinery and tools in the Technological Institute of Monterrey. I studied a year. Drawing was difficult because I was starting to have problems to see. I did not want to be a designer, I dedicated my time to machines and milling machines.



When I was 20 years old I entered the company Vitro Crisa; I worked in various position in that company and after twelve years of work, I retired. Vitro paid me off and I got a pension for the Social Security.

At night I would crash into things. I thought it was for the lack of light, which was good for my spirit.

Within 1984 and 1985, there was in San Nicolas, ophtalmological medical brigades. On my mother's advice I went to consultation. I was taken care by doctor Choy. After examining me, he sad: "You look pretty well despite your disease. I do not want you to feel down, but you do not have a cure. Juan, life continues. Great celebrities suffer the same diseases and they have succeeded".

Dignosis: Retinitis Pigmentosa. A disease from birth that begins to develop at different ages in people who suffer from it.

When my mother found out about my disease she said: "You do not have anything and is not because I do not want to accept it but because I do not want you to think about it, because if you think about it, it will affect you more".

This depressed me a little bit, but I do not want to live in the past so I do not have to remember. I thought: "Starting now, Juan who can see dies, and is born as a blind man". This was a thought of preparation for when I could not see.

The life of a blind person is very tough. When I get angry I become desperate, I do not blame anyone else; I get close to a door and I hit it, that way I put out my frustration without hurting anyone.

Doctor Choy recommended me to go to Caritas for help. From there they sent me to the Mexican Association of Retinitis Pigmentosa, where I entered as an associate in 1985. I was only going for some medication. In 1992 they invited me as a volunteer. In 1993, I began to help in the talking books library. One day they asked me if I wanted to make money: "There is work in the maquila Juan", I accepted. At first I helped in what was needed, the first day I made 18 pesos and I felt very good. Two months later I was in charge of receiving



and delivering the material to Industrias Alen and to pass the statistical data to the secretary; with the information of this data each worker is paid what corresponds him. In the Association, Sonia, the president, told me a phrase by of Rabindranath Tagore which has become attach to my mind: "I slept and I dreamt that life is happiness, I awoke and saw that life was serving and I discovered that in serving you find happiness".

In that same year, San Juana Guadalupe Perez Sanchez entered the Association. From the beginning we were good friends. She would encourage me. One day she said: "As long as the heart stays young, forget about the body". From that moment on I appreciated her with more tenderness. In March of 1995, I began to see her as a woman; we became a couple. We got married in October of 1997. We already have a daughter Valeria Escamilla Perez, who is one year seven months old. She has a lot of courage because not just any child has two handicapped parents. She knows that and she helps us.

In my life the most important thing is my family. We live a normal, calm life. Sometimes there are arguments, but nothing that cannot be solve talking about it.

Sports are also important to me. Since 1994 I have formed part of Nuevo Leon team in the games for the handicapped. Up to now, I have competed in the long jump, the triple jump, and a high jump; 100, 200 and 400 meter flat in different cities. I have one first place, six-second places and tree third place.

My work also has an important place. Since 1995 I am in charge of the workshop that makes air freshness for bathrooms for Industrias Alen at the Association. I am in charge of receiving and delivering the material, and telling each person what they have to do, what material to work with, how many he is going to make, a calculate statistical data for the salaries. I make invoices, I receive checks from the company, I prepare the workers' salary, I go to the bank to pick up the money, I paid them and pay the taxes.

We are not a company, we are an Educational and laboral Association. We study and work here which is why I talk to the boys that do not want to study. I try to understand them and give them advice. To me everyone is the same because we are human beings.



My eyes die but my head still thinks. Is not easy to manage a company. It is a very large responsibility. If there are problems, I solve them. The problems do not exist, they are just challenges that you have to defeat.

The Association is my second home. It has changed my life psychologically, spiritually, physically. Here I have learned to live better, to value what I do, and here is where I am practicing my profession. I feel fulfilled, but I continue with my challenge. What is important is not to get there but staying arised.

I have an inseparable friend: the disease of my eyes. I treat it well, I take care of it not with anger but with my heart.

And for all the above I thank our Lord and my parents. To my wife and my daughter, my reasons for fighting and achieving; to Sonia, to Industrias Alen, to my teachers, to my friends and companions who have supported me from my beginning until where I am now.



• MESSENGER OF HAPPINESS AND BEARING OF INTERIOR LIGHT. Story of Guadalupe Vessi Pérez-Salinas written by Etelvina Torres Arceo.



One of the most significant experiences of 1999 has been to meet a blind person who has let me look at her work, where the most beautiful sparkles of interior light exist that sighted person cannot perceive.

I have interviewed Guadalupe Fernanda Vessi Perez-Salinas for the past six weeks to asked her data about her life and to dare to write a brief history about the life of a very respected member of the Mexican Association of Retinitis Pigmentosa and diseases of the Retina, A.B.P.

Lupita was born in Monterrey, a memorable day: October 12 Of 1953. She is the youngest daughter of a model marriage formed by Mr. Alberto Vessi Delgado y Mrs. Ana Perez-Salinas de Vessi, who came to world in Los Herrera, in the heart of an honorable family from Nuevo Leon. Recently they happily celebrated their sixtieth wedding anniversary.

She has two brother and two sisters; Miguel, Teresita del Niño Jesus, Alberto y Ana Guadalupe. When she was six months old her parents discovered that she could not see because she did not follow the direction in which the rattle moved.



By direct testimony of Mrs. Anita, we know that she was very well attended by specialists from the country and abroad. The first ophthalmologist that consulted her was Doctor Mario Alonso Treviño, who told her parents that she was not going to see, but he recommended them that they educated her like their other children.

Mrs. Anita, her mother, asked God for "Intelligence to educate her, a strong will to accept her little daughter with her qualities and limitations". It is admirable that this lovely and persistent mother has accomplished the integral formation of her daughter from a young age.

They took her to Mexico City where the doctors discouraged them completely; some of them gave them hope considering that "God has the last word".

When she was fifteen years old they took her to Houston where they removed an opacity; She has also been seen by a lot of specialist in Medical congresses.

Her childhood passed like a normal girl: she was very happy and playful with her brothers, sisters, and cousins. She learned how to swim in the pool and in the ocean where she enjoyed herself immensely; she would climb the stairs with skates, she enjoyed riding her paddle bike and other childhood entertainments.

She attended the "Alborada Infantil Kindergarden", which was known for prestige in the city, where she stayed until she was eight years old. She participated in parties and what she liked the most was talking through a microphone. Since she was a girl she has had a marvelous memory, she possesses an amazing sensibility for everything, she recognizes people who come to her home by their steps by the way they open the door. We know the blind people develop the others senses marvelously to better adapt to a particular situation.

She studied primary and secondary school in the Excelsior School; at first, the director did not want to admit her, but Mrs. Anita convinced her with the argument that she would help her with her classes. In the reading book she would put a signal where she knew where she was at so she could continue. The school inspector once told her classmates: "Lupita, who cannot see, knows more that those who can see".



She has her certificates of having finished her primary and secondary school; later she studied basic English in the extension school of the Technological Institute of Monterrey where she would take her tape recorder. She later assisted for a semester at the French Alliance.

She knits admirably with two needles. She makes scarfs, baby and adult blankets. She distinguishes by touch if the stamen is of the same texture or dyed. When she makes a mistake she takes it apart and she weaves it again, she does not allow any error.

She dials telephone numbers from memory and she recognizes people by their voices. She has her Perkins machine, her watch and a slate to write the Braille system.

Like any girl of her age, she had friends who can see who tried to conquer her with serenades, flowers and other details; relationships that did not formalized. This happened in 1970 in Veracruz, where she used to spend her vacations with friends who live in that port.

Lupita is a physically and socially attractive woman and she gets along like any other girl of her age; she is also affable and cordial in her attitude.

Besides of the unconditional support from her parents, she has also counted with that of her brothers and sisters: Alberto, who explained her how to read the Braille watch, how to use the tape recorder, the record player, the television and electronic apparatus that she has had; her sister Ana Guadalupe takes her to the Association, and from Tere and her husband she feels a very special moral and affective support.

Since she was a child she felt the great support from her aunts Martha and Delia Perez-Salinas, well known in Monterrey for her human quality and for being a link to family union.

Lupita has a great friend since her childhood. A friendship that has persistent until now; that today is Sra. Olivia Hernandez Gonzalez de Quintanilla. They both get together frequently, since they have many affinities even though



Lupita is single. There is no doubt that this great friendship has been strengthened by time.

Her illness is FIBROPLASIA: total blindness caused by the light and heat of the incubator that she was in when she was newborn.

She found out about the Association through a friend of her sister Tere, who gave her the business card of Sonia García Gamboa, and she arrived with the wish to study daily activities: cooking, washing clothes, setting the table correctly, cutting certain food, not spilling liquids and ironing among other things.

She has also taken Braille, typing and writing classes, and presently she is studying English and stenography. She has received orientation and mobility to walk with the white cane.

She has been in the Association for two years and she identified with the teacher of Braille system, Milagros Saenz Hinojosa, because they are in the same circumstances, since both lost her sight for the same reason.

Since she arrived to the Association, Lupita declared that her life has taken a 180° turn a radical and positive change. She has known the world of the blind, because she feels that new horizons have been opened for her; She has found sincere friendship like Mily's; and of the teacher, also blind, Laura Sola, who presently gives her stenography, and that of Gerardo Rodriguez Martinez, a person who suffers Retinites Pigmentosa, who has been loosing his sight and also his hearing. Lupita admires him because, in spite of his handicap, he has been able to succeed since he works as a physically therapist. Gerardo also showed Lupita how to correctly use and manipulate the white cane, that is like a blind man's eyes, that assist her in the street to move with independence and security, to ask for help in case she needs to cross a street or avenue and to identify oneself as a blind person.

Lupita recognizes that Sonia has been a great support for her, since she takes her into account to participate in all events of the Association, taking her to T.V and news interviews. Presently she attends a course in history of Nuevo Leon that is given at the museum of Mexican History. She frequently goes to plays, concerts even the most exclusive like Raul Di Blasio's. She has also



traveled to New York to a world congress for the blind from the 11 to the 16 of July of 1999, and to a camp in Corpus Christi from the 1st to the 8th of August.

When you ask Lupita what it means for her to be a member of the Association, she answers excitedly: "to feel fullfilled and very happy because a lot of doors of this new world had been opened beyond what had been opened for me in the family nucleus that I esteem so much".

Besides the persons who I have already mentioned that have been a great support for Lupita, she adds that she has made new friendships with other blind. She started a boyfriend relation eight months ago, which still is in a period of getting to know each other more in character, way of thinking and feelings.

After thinking a lot about accepting this relationship, she has wanted to have the opportunity to live it. Since she is a woman of faith, she is confident, and abounded in God; If the relationship is good, she would continue it. Since she is an ex alumna of the Salesian society, she has trusted her relationship to Saint Mary the Helper, and feels her cover and protection.

When they asked her about the type of job she would like to do, she answered: "something related with communication, through the radio or Television". She has an ability with words, a good tone of voice and a wide vocabulary .She would like something related with the Association and with the activities that they do so that other people could have the opportunity to join them in the near future.

When you ask her if she feels fullfilled with the light that she presently lives, she answered that she does it with a lot of enthusiasm; but she hopes to accomplish other goals, like learning computers, and continuing with her typing, stenography and advance Braille classes, that allowed her to read the different books that come to the Association from Spain.

She also states that she feels integrated in the environment where she moves. She has felt integrated for a long time in her family environment and in the Association she has discovered another world that she really belongs to, that of the blind persons.



The main challenge that she has faced in her life has been joining the Association and having to use a cane and to go out on the streets with it; Something that was very shocking at the beginning, but this has already been surpassed. She is convinced that her cane replaces her eyes and allows her to be independent. Another challenge was to accept living a relationship.

Her greatest suffering has been the recent passing away of Don Alberto Vessi, her lovely father, on October 20 of 1999. She would have liked to have taken care of him with greater concern, if her limitations have not hindered her. Lupita was the adoration of her father. For her, he wanted the best and he made an effort to accomplish this.

Her greatest joy has been having found the association and counting on the affection and support of Sonia, her teachers and her companions; also in the sentimental aspect, having met her boyfriend. For her the third of February of 1997, the day when she arrived at the Institution that has transformed her

I am sure that Lupita, with her particular way of being, has contributed with something to the Association from her valuable personality; to be positive, to be happy, to be honorable with her fighting spirit, very persistent, persevere, with a strong will, to know what she want in the immediate future. There is no doubt that she will accomplish this for herself and the solidarity of the persons that surround her.

Congratulations and keep a high spirit!

I want to conclude thanking Sonia infinitely for inviting me to make this brief biography that has enriched me so much by letting me pick at, in a minimum part, to this marvelous world of the blind and to verify the spiritual richness the posses.



WITH EYES OF THE SOUL
 Story of Alma Delia Flores Cedillo.
 By Teresa Ortiz Ramírez.



She was born in August 23 of 1969, in Castaños, Coahuila. She has a bachelor degree in Psychology, and her illness is retinitis pigmentosa.

She was born in the heart of a family that has problems with this diseases, since of seven brothers, five suffer it. She was a calm girl, studious, respectful of other people. When she was six years old, her teacher notice that she has sight problems, since it was difficult for her to see the black board. The teacher asked to see her parents to comment about the problem that her daughter was having. With the precedence of her brothers, they took her immediately to the doctor, who diagnosed near-sightedness and Retinitis Pigmentosa, a problem that had advanced little by little, but that does not impede her for participating in school activities. The teacher, understanding her problem, gave her the opportunity to occupy a front seat. She finished her primary education perfectly well and later she passed to secondary school with the help of her parents and classmates. She would do her homework, her mother would read her the books or she would tape them in cassettes.

It was in 1987 when her family decided to come to Monterrey to be able to get medical attention. The first doctor who saw her was Doctor Jose Chayet, who had also taken care of her brothers. Later she was sent to the Doctor



Jesus Vidaurri, who did a CAMPIMATRI, a retinogram and an examination of the fondues of the eye.

It was Doctor Vidaurri who recommended her the Association of Retinitis Pigmentosa. It was there where they gave her support in relation to rehabilitation, where she learned to become more independent, giving her more security and the opportunity to work in the maquila. "It is a very nice place where they really understand you, since all the people who attend have the same problem", she told us.

Every Friday the Association gets together to talk about their problems, if they have them... and they talk about the adventures or situations that presented during the week. That way, when someone feels depressed because of some situation, they comment it and in that way they share experiences and solutions to situations that happened to almost all of them.

Later, she went to study a bachelor degree in Psychology, in the UANL, counting again with the valuable help from her parents and from her companions.

It was a great satisfaction when she concluded her professional exam, when they called her parents, brothers and friends who accompanied her to tell them that she had presented an excellent exam, for what she obtained an honorable mention.

One day she decided to go with Mr. Hugo Villareal, who gave her a psychological treatment first at a group level, obtaining good results, since one of traits that he discovered was that she did not allow herself to express her pain.

The second place, she had the example of her brothers and she knew that she could make it; she discovered that it was not so bad to feel pain, sadness and anger for what was happening to her and that it was necessary to remove that pain to be able to overcome her problem and in that way find an adequate solution to continue ahead. She also had the opportunity to discover all the human potential she had. To use the cane was another of the decisions that helped her, since she felt self-sufficient with her problem.



Her parents have been the most important thing in her life, since they never confused being blind with being useless.

She considers that it is necessary for universities to have programs of assistance for the blind and adequate installations, that they include well established programs, with sufficient awareness and work opportunities, so they can be economically self sufficient, since this is the main problem that they face.



• THE BONDS OF UNION OF PAIN ARE MUCH STRONGER Story of Velia Flores Cedillo By Diana Frías



I clearly have in my memory the day that I went with my father to visit my grandparents in Ciudad Frontera, Coahuila. I was eight year olds. On the way, a blind person got on the bus to sing and, when he finished, my father generouly gave him some coins, sighing and murmuring "poor man".

-Dad, is that all that blind person can do?

-Yes -my father answered.

And I responded: I do not think so: He has his hands to work.

And Dad said: -But nobody gives a blind man a job and they need to eat.

Neither my father nor I could imagine what destiny was prepared for us.

A short time later my little brother and sister, Luis and Angelica, presented visual difficulty when they were studying the first years of primary school.

At first the diagnosis was near-sightedness, but the difficulties increased and my parents decided to take them to Monterrey with Doctor Jose Chayet. The diagnosis was retinitis pigmentosa and the doctor suggested to examine all their children, because of the family relationship of my parents, since they are third grade cousins, there was the posibility that we all had the problem.



They thought it was necesary, with the hope that the problem would not present itself with their other children.

When I was in the second year of secondary school, a sport incident, while I was practicing volley ball, forced my mother to take all of us -Froylan, Maria, Angelica, Emilio, Alma and Luis- to the ophthalmologist. That is how my brothers, sisters and I, accompanied by my mother, traveled to the city of Monterrey to consult with Doctor Jose Chayet.

In the office we passed one by one for the examination. Leticia and Froylan came out before with my aunt Delia, my father's sister, and Emilio, Angelica, Alma, Luis and I stayed in the waiting room to be submitted to other tests.

- -"Mother is very sad, she wants to cry", Emilio said, and I confirmed: " She is sad". Luis, the smallest of my brothers ask:
- -What is the worst thing that could happen?

And Emilio answered him: -We can become blind.

Luis said: -Close your eyes. He told us a joke and we all laughed; then he added "no problem, nothing is wrong."

When the doctor gave us the diagnosis of Retinitis Pigmentosa he told us not to worry, that we have all the time in the world to do what we wanted, we could study what we like the most, but that we have to eat well.

With the optimism and the confidence that the doctor gave us, we went back to our town happy. My father started working harder to be able to get medicine and good food for us, and he would cheer us up telling us: "You can do it, keep on trying". On the other hand, my mother, unconsciously, began to over protect us; but we had decided to get ahead and to acomplish our goals. From the spiritual strenght that God gave us -increasing our faith with the sermons of the priest of our town, father Isidro Luna Moran, who we would call "Chilo", who would make us meditate of the importance of being - we would get the spirit and enthusiasm to grow.

Mother begged to God every day for a treatment or a surgery to appear with which we would recover our sight. God began to put the means to face life in our own circumstance.

I finished my studies of technical preparatory school specializing as a chemical laboratory technician with excellent grades; nevertheless, when I took the practical exam to get my diploma as Technician in chemical laboratory, the quality and quantity results were exact. When I explained the procedure and mentioned the chances in color of the analyzed substance, they asked me If I was sure that green had changed to blue; I said it had and I showed them the flask; then a teacher took out a color scale and asked me what color she was showing me. Later she told me that I confused the colors and that I should see an ophthalmologist.

Before picking up my registration number at the Chemical Sciences School, my father and I visited the doctor.

-You have about five years of sight -He told us.

I left the doctor's office falling off my father's arm. I did not want him to suffer and I began to tell him my new plans with enthusiasm: " I will work in a laboratory and, when I can not continue anymore, I set up a food to go business, because I love to cook. You will see how I get a job quickly..." I inmediately began to apply for a job as if they were invitations for a party. I worked in a clinical analysis laboratory, covering vacations of the personal and, when works was over, the engineer in charge recomended me to work in analysis laboratory for a company. When I took the medical exams to get the job, I asked the doctor for a few minutes to rest, because I had walked under the sun for a long while; He left the office and I took the chance to learn the last lines of the visual examination and when he got back I anwsered the exam correctly. I worked in that company for two and a half months, covering vacations and later I began to work in the laboratory of a secondary school in Nadadore, Coahuila. The teacher in charge of the subject natural sciences, got sick and I volunteered to give the class. The director of the school liked my work and suggested that I studied a diploma in Natural Sciences at the teacher training college.

I understood that whether I studied or not, the disease would advance, so I decided to study in ciudad Victoria, Tamaulipas. My mother tried to persuade me but, when she saw that I had decided, she had no other choice than to back me up; but she would not worry, I invited my brother Froylan, who does not have Retinis, to also study at the Teacher Training College.



Together we began our studies; He was always watching over me, so much that in the beginning our classmates thought that he was my boyfriend or husband and wife. When we had to separate because we chose different specialties, against my will he asked my classmates from my team to watch over me, explaining to them about the retinitis I have.

Half way through my studies it was impossible to hide my handicap. I had to write with a marker and it took a long time to read a paragraph; so to get notes in the class, I gave my classmates copy paper with a sheet of paper, which they would put in their notebooks, and that way I would get a copy for me. That way I got the notes, which later a taped with the help of someone else. Many times we studied together, they would read and I would explain them the subjects. I will never forget that great help.

Meanwhile I worked, since I studied at the teaching School in vacations. I pretended that I could see. I was very adapted to the environment. Later, to be closer to my home, I had the opportunity to change to a school in Monclova where I was promoted to science professor. That way I put in practice what I was studying. In the afternoon I studied English and I worked in a newspaper, where I would put pages together and the sketches according to the publicity and I took care of the bulletin board . I also sold beauty products.

At that time I had the help of my nephew Omar, who was in his second year of primary school. He would read the words to me or he would spell letter by letter when they were difficult for him. I was moved for his spirit of cooperation since, at his young age, he was watchful of our needs. That same attitude was adopted by my little sisters Leticia, Lidia and Lucy, who began to guide us since they were little; they would describe things for us and, when they started to read, they helped us with our readings

One day my aunt Delia, my father's sister, called us to tell us to come to Monterrey to go to the Association of Retinitis Pigmentosa that was on Lic. Primo de Verdad street, behind the Purísima, because she had seen a program where the Association was presented.



The decision to be independent

We attended to a several lectures about the disease's process and the genetic implications. At that time Mrs. Lupita Garcia de Alvarez, who was the president then, talked to us about having faith in that the research in others countries could discover a treatment or surgery to alleviate our disease.

A short time later came Mrs. Sonia Garcia Gamboa, in which she told us that the most important thing was to educate and prepare ourselves for the future. I was impressed for the view point of the Association in relation to be up to date with the research being done to face retinitis, but they put emphasis in providing us the tools to face the future.

There, Sonia suggested my parents to leave Castaños if they wanted their children to be independent, and she offered help in the Association.

In a family meeting it was decided that Emilio, Angelica and Luis would go with my mother to live in Monterrey in a house that my grandmother lent us. Alma, my father and I stayed in Castaños. Meanwhile, I offered to work in the Association on weekends.

A short time later Alma decided to study phsycology and she also left Castaños.

I began to come in weekends; we talked with others that were in the same situation like us and we took the experiences that were useful for us in order to improve.

My brother Luis went to Little Rock, Arkansas, two years to study, with a scholarship from the Association. My brother Emiliio learned to make mops and with his own effort he bought a machine to make them.

In the Association I was in charge of making the bulletin. But I wanted to be more independent; I wanted to live in my own house, I wanted to be organized, in the things of the kitchen, in everything. I felt that my handicap had tied me up even more. I was clinging to sight and, the more I hold on the more I suffered. It took me a while to realize that I needed psychological therapy to accept my blindness.



I felt depressed, very sad, without a future. But I coul not express it because my brother felt proud of what I had accomplished. Emilio consiered me a walking library since I always had an answer. I never showed my familiy that I felt very weak. I was in therapy for three months; three very difficult months in which I could not sleep. But in the end it was something nice to accept the loss of my vision. After all, I had my brothers' examples.

On Wheels

After that stage I took the decision to buy a new car. In 1990 I bought a Volkswagen Beetle through a credit with raffle. I began to pay the monthly payment in february and in july I won the raffle and they gave me the car. My problem now was who was going to drive for me.

My first driver was Mr. Federico Cardenas, but he was always in a hurry. Also my friend Martha Elisa Covarrubias Lopez, who I had met from father Chilo. She was in charge of doing everything, I was one of her apostles.

In April 1993 something happened that was going to change the direction of my profesional life. While I waited for a consultation, I started a conversation with a person about special education. I explained my point of view about what lacked the educational system in that aspect, which I considered it was still in diapers. Before he left he told me that he was a Special Education Superviser from the Secretaria of Education, and he was very interested in what I had said, to put in shape a project and to present myself in Saltillo. I had just got invited to a course that was going to be given by the Secretary of Education of Nuevo Leon for teachers with a visual handicap.

After going to Saltillo I was given a transfer in Special Education. From the moment that I started to loose my visual field I attended to all type of courses in the training and updating centers for teachers. I took evaluation, techniques, dynamics, learning methods, neuropsychology and other courses. I learned more thing to be at the level of special education. The courses gave me more security so that, when somebody will want to pension me, it would not be that easy.



I continued suporting the Association of Retinits in the organizations of events. In my profesional life I was very stable, and I was very well.

In 1995 we went to Mexio city. We visited the Ignacio Trigueros School for the blind and we talked with the director to ask for opportunity for several of the associates of Retinitis of Monterrey to study masssage therapy. At first he told us that the school was only for people who lived in Mexico city, but since we insisted, he gave us the opportunity to send three companions from the Association. Two of my brothers went with the group.

In my house, my mother had passed the stage of overprotection to an attitude of great support. She read for my sister Alma during the five years of university studies and two of thesis, Alma graduated from Phycology in 1997.

With the spiritual strength that only God gives, and with the support of family and friends, we came closer together as a family.

One day, when my niece Lidia was in first year of primary school and they explained her the senses, her teacher asked them to cover their eyes.

- -Noticed that you cannot see anything, and if you cannot see anything, you cannot wash yourself, you cannot walk without stumbling, you cannot study...
- -"That is not true!" She screamed and she bent her fists on the desk, "Why do you say that? My uncles cannot see and they study in Mexico city and my aunt Alma studied psychology and my aunt Velia is a teacher and she cooks delicious; she showed me how to cut spinach".

When the classes were out the teacher talked about the incident with my sister in law and she explained the reason for her reaction.

I thought my life was made. I was self-sufficient, I felt very well, happy with what I had done. One day I noticed that I had some lumps on my breast. Fortunately they were not malignant but the specialist who consulted me told me to look around me and think about getting married.

I love my liberty and my independence; that was not on my plans and definitely I was not going to get married just for getting married.



In1997, on my birthday I was surprised by the call from Xicontenctl Gonzalez, the camera man from T.V Azteca, who my brothers had introduced me a few months ago when I went to visit them to Mexico city and who had been very polite to show us the city and to take us to all the point of interest.

- -How far is Castaños from Monclova?
- -It is about 10 minutes away -I answered.
- -Then I am going there.

He did not know that it was my birthday. He was there for two weeks taping some programs and during that time we went out. He said he wanted us to get to know each other better and then we tried to be couple. I answered him that I would accept his friendship but not to ask me for more. A short time later we decided to try a relationship but that would be known only by us; for the rest of the world we would only be friends. I needed to know how I would feel with this relationship.

One day I was cleaning the house in Monterrey when Luis came up to me very serious to tell me that Xico was calling me. I did not think he was there.

-Tell him to come on and pick up the trash, I do not care if he sees me badly dress and uncombed. And Xico came in with the broom. I could not believe it.

Love at first sight.

- -From the moment I met her I liked her and I wanted to marry her, but she resisted our relationship -Xico comments.
- -Nevertheless -He continues-, Things happened. First the taping session in Monclova continued, one day later a friend called me and told me to get my passport ready because there was a very good job in Telesecondary in Brazil, with a very good salary and a contract for two years. I felt very good because my boss had recommended me a lot and it was a very good opportunity, but that would mean finishing my relationship with Velia. At that moment I called a friend and I asked him to please take my place; He happily and thankfully



accepted. While we talked he commented that there were others job opportunities in Villarhermosa, Veracruz and Queretetaro.

-When I got all the courage to talk about marriage -Xico said-, Velia told me that she would never go to Mexico city, and that we would not have children, that the only possibility was to adopt, so I began to review job opportunities that I had not considered before. The day before I went to her house, they called me form Monclova to offer me a job, because a channel from T.V Azteca was going to open there. I had to make the decision immediately because the pilot programs would be on the air in fifteen days. That is why I went to her house and proposed marriage.

On the fifteenth of May I went to Mexico City to work and from there he called me to tell me that he had talked with the priest, who had explained him the procedure that he had to follow, and he was going to Tlapa, Tabasco where he is from, to start preparations.

- -What do you think about getting married on July 25?
- -Give me a week more, I asked him. How about August first?

But when I went to talk with father Chilo in Castaños, that date was already taken, so we changed it for August 8.

Despite the fact that we prepared them with time, The document of preparation would not arrive to Castaños, which is why the priest called to make sure that there was nothing to keep Xico from getting married.

Marvelous Complement

I thought marriage was a jail, and now I know that it is a marvelous complement. You do not loose your freedom when you get married.

love changes everything.

A short time later I became pregnant...with twins!

The children were born by cesarean session on October 16 of 1999.



They came to this world with beautiful screams. At the moment they put them by my side, I immediately wanted to see them and they passed my hands over their faces. The nurses tried to stop me, telling that I would contaminate them, but the doctor told them to let me do it because that was my way for seeing them.

A feeling of immense happiness invaded me when I felt them: Their soft skin... their smell of tenderness.

Now I know how much you love a child and how much our parents love us. Sometimes I feel like having the earth and heaven together, but I am the mother and I know what I have to do. There are moments of stress, but I keep on going. Fortunately I get my mother's help and of my friend Martha, as well as that my sister Leticia who motivates me to stay calm.

We both are very happy with our children.

About their future and ours only God can tell.



• RETINITIS IS NOT THE END OF THE WORLD Story of Pedro Martinez Espinoza By Alba Leal Garcia.



Pedro Martinez Epinoza's life changed when he was about five years old. It was then when doctors diagnosed that he had only 50% of his hearing capacity, an illness know as HIPOACUCIA. And this was only the beginning of what would happen thirteen year later: the appearance of the first symptoms of Retinitis Pigmentosa, and with it the Usher's syndrome, a combination of both handicaps.

Today, At 37 years of age, he clearly remembers those days and the reaction of his parents, Humberto and Guadalupe, who had already been through a similar experience with their son Hugo.

Although obviously there was distress, the family decided to face the situation by looking for the best medical attention even in the United States, where one of Pedro's sister lives. Also, they all put effort to investigate the story of their ancestors, but the only proof they found was that their maternal grandmother had lost her hearing and sight when she was 80 years old. Something would set some light but not enough to talk about his hereditary disease.

Although the Retinitis appears gradually, Pedro knew what he was up against because he had seen the evolution of the disease in his brother, who is ten



years older than him. The first thing he noticed were problems to see and to move around unlighted places.

With a slight accent because of the HIPOACUCIA, he explains that the insecurity made him move away from his friends, because he was afraid to share what he felt with them. He was ashamed of feeling different, he decided to turn down all the invitations he received, until a friend became worry and wanted to know why he changed. When he heard the story he minimized the problem and offered him all his support so things could go on like before. This attitude inspired confidence in the youngest son of the Martinez's family, so he decided to try his luck in a discotheque, without knowing that it would be an unpleasant and tense experience. To begin with, someone came up to him and started to talk with him in a very familiar tone, but Pedro could not recognize him. After that, on a friend's insistence, he asked a girl out to dance, but he could not follow her to the dance floor, so he got lost on the middle of the crow, without knowing what to do, because he could not locate himself. He was nervous and uncomfortable, that the only thing that he wanted to do was protect himself in a security of a wall or try to get out of the place. By the time his friend found him an hour had already passed, or a least that was his perception. That was one of the last times he went to an entertainment center like this.

Things began to change in 1985, when he found out about the existence of the Mexican Association of Retinitis Pigmentosa and diseases of the Retina, that was recently founded. During the first meetings, he did not feel very well, because he discovered that some of the members of the Association had more serious visual problems and in some way he imagined his future in their life. Suddenly, something happen and, without noticing, he began to talk with the rest with all freedom. What he had considered up to then problems or depressing situations, became funny stories that he could share with his new friends. "I like the way they see life with retinitis", Pedro says, who would the slightest provocation laugh hardly and transmits it to anyone at his side.

The shadows get away little by little. The only thing that impedes a radical change was that he spent more time alone than in the Association since the meetings were only once a week, "but those hours that I spent there I really enjoyed it. They were so pleasant for me, that they became my food. I would



wait anxiously for the day when I would go to talk to everyone and have a pleasant and comforting time".

Pedro would come out excited and he would forget for a while what his life outside of the Association was like.

Today his world is in the Association. Is here where he can be himself and get along with his companions on weekends to go out to eat and some others activities. When he looks at his companions Irma, Amelia Rosa, Mili, Lupita, Laurita, Gerardo and others, time passes without feeling. He forgets his fears and his loneliness.

The same year he entered to the Association, Pedro finished his studies in a Bachelor degree in computer sciences at the Autonoma University of Nuevo Leon. He joined the job force until 1988, because he made two trips to the United States before. In Monterrey his first job was as operation assistance in the area of computer sciences for the Monterrey Technological Institute. After six months in that institution, he was hired by the state government to be in charge of the System Department of the Guardian counsel for minors, a job that he does to this date.

Up to now he has been lucky in cooperating with very understanding bosses. Also, almost all his companions know about his illness, so now he does not have to pretend, and this reduces tension during his daily shift. He acknowledges that he has survived a lot of changes in directors, but every time that he finds out that it is going to be changed he can avoid feeling fear that his permanence in his position depends on the decision of who ends up in charge.

He still has visual acuity to continue working with computers, although he has to use more effort because he now has tunnel vision.

One of his challenges is participating in updating program design for people who have all of their senses. Facing this reality, he has turned to self teaching through the reading of books, magazines and manuals, the way he did it when he was in University. "I will try as much as possible to achieve and train my self in the professional environment so that my bosses can keep on trusting in me like they do know". He says.



Because of his schedule, Pedro could do another job in the afternoon. The problem is that opportunities are missing for the handicapped with professional studies. To be truthful he would like to work in an environment that is related, where he would not feel so many disadvantages. While the opportunity he is waiting for comes, he will continue dedicating his free time to getting along with his companions of the Association, practicing sports, practicing music, and looking for beneficial activities that help him to control the pressure when he feels alone.

Although Pedro states, that he is a solitarian that loneliness does not frighten him, the truth is that from a very young age he has carried on his shoulders the heavy burden of feeling different. He admits that he does not have the strenght that other companions have who he admires for facing their handicap without being apart. That is why every time he feels that optimism is abounding him, he values everything he has: the family, his job, his general health and his friends. It is then when he says to himself: "That is why it is worth living".

One of the concepts he values for having certain physical limitation is coming closer to God through prayer, that he knows that he has come to this world to accomplish a mission as it is. And he thanks God for all the moments in which he has really been happy with his companions from the Association which he now has, because he knows that he cannot count on them unconditionally, since they are very truthful friends and he always has their support.





"From darkness I form my own sun" is the biography of 20 persons with visual handicaps who have achieved, despite this great limitation which is not being able to see, to be independent, to get ahead, to form a family, to be integrated laborally in the society, to be happy in their lives and to be an example of achievement for all those who surround them.

With this book we want to make those who have the responsibility of making and applying laws, to those who direct schools, universities, institutions, and work centers, as well as the common citizen, to be conscious about how important it is to support them, integrate them and give them the opportunity to be citizens worthy of our admiration.

These 20 histories are a small example of the hundreds and thousands of cases that we have in our country and in the world. They are, to say it in some way, our closest cases, with who maybe many of us have been in contact with.

Reading this book would be a lot of teachings about the different ways the spirit of achievement attriumphs.

